

THE
MEDICAL
POCKET COMPANION,
OR
Domestic Adviser;
DESIGNED FOR
BOTH MARRIED AND SINGLE;
CONTAINING

A BRIEF DESCRIPTION OF THE CAUSES, SYMPTOMS, AND
TREATMENT OF THE MOST COMMON AND OBSTINATE
DISEASES, WHICH AFFECT HUMANITY; TOGETHER
WITH MANY VALUABLE HINTS UPON THE
PRESERVATION OF HEALTH, AND THE
PROPER MANAGEMENT OF IN-
FANCY AND CHILDHOOD.

BY

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INTRODUCTION.

IN presenting this little work to the public, it is proper that I say a few words in relation to the motives which have induced its publication. It is probably known to most persons of my acquaintance — and if not I will here state the fact — that I am a believer in, and a practitioner of, the Botanic or Eclectic system of medicine. This method of treatment I regard as the safest and most efficient. It seeks and cheerfully embraces every valuable remedy with which to combat disease, by whomsoever discovered, or however simple it may appear. There are doubtless many good things in all the different systems of practice ; yet the general course pursued by the Allopathic practitioners as a class, their rigid adherence to certain rules laid down in books, often without regard to the laws of common sense, and their bigoted opposition to all other practitioners, and to everything new which does not originate with themselves, are, in the author's opinion, entirely repugnant to a liberal and enlightened philosophy, detrimental to the best interests of the sick, and calculated to keep the mass of mankind in a state of ignorance regarding the true principles of the healing art.

There is much said at the present day, by physicians of the old or Allopathic school, about quacks and quackery, freely applying these terms to Botanic physicians and their system of treatment. Now, it may not be amiss to spend one moment in inquiring concerning the origin of these terms.

It is known to those who are at all acquainted with the history of medicine, that the vegetable practice is altogether the most ancient. Galen, who flourished in the second century of the Christian era, and was eminently learned and skilful, taught the use of roots and herbs. So great was his popularity and success, that all opposition proved totally unavailing, and for fourteen centuries his system remained in the ascendant. His practice was vegetable, though I believe he resorted to depletion or blood-letting.

In the year 1493, there arose in Switzerland an individual by the name of THEOPHRASTUS BOMBASTUS PARACELSUS, who may emphatically be denominated "the great prototype of all succeeding quacks." It was he who first introduced quicksilver or mercury as a medicine; and all who thus administered it were denominated "quacks," in allusion to the name *quacksalver*, given to this metal by the Germans. This individual succeeded in overthrowing for a time the Botanic system. He has been represented as a boasting and intolerably vain-glorious personage, and is said to have died a miserable vagabond at the age of forty-eight.

Here, then, we see the origin of the word "quack," and that it can be rightfully applied only to those who employ mercury as a common remedy in disease.

Believing, therefore, that the vegetable treatment is

the safest and most efficacious in all diseases to which human flesh is heir, the author has been indued to prepare this little work for the purpose of bringing this mode of praetice more extensively into public notice, as well as some of his most popular, well-tried and successful remedies. Most medical works are too large and expensive to be easily available to individuals and families in general. And to those who cannot conveniently avail themselves of the benefit of more labored and extensive treatises, he ardently hopes this little work may prove acceptable and useful.

In the second place, I desire to bring to the notice of the community the gross and unparalleled imposture and deception practised upon the sick and afflicted, in the city of Boston. To such an extent have medical fraud, deception, and falsehood, been carried within the last ten or twelve years, that many of the most respectable physicians, of all the various systems of practice, have felt, for a long time, that some means ought to be adopted to guard the sick more effectually against the imposition and heartless swindling which are daily practised by the advertising quack fraternity in this city. But the old adage, that "what is everybody's business is nobody's business," has certainly seemed to operate thus far to prevent that public notice of these impostors which the welfare of the community so imperiously demands. To expose this class of vipers, and acquaint the community more thoroughly with their tricks, and pernicious and heartless practices, it has been thought by many that a little work of this kind might prove a very essential benefit; and this constitutes a second reason for its publication.

A person unacquainted with the subject can have but a faint idea of the astonishing extent to which imposture in the treatment of the sick is carried. Look at the boasting advertisements, which appear month after month, and year after year, in the newspapers, urging a certain class of patients to apply to the advertisers without delay and be immediately cured, no matter how severe or long-standing may be the complaint. They assure the patient, as an inducement for him to consult them, that their terms are "no cure, no pay!" They affirm that they are "regularly educated, highly eminent, and successful practitioners." One asserts that he is a "member of the Royal College of Surgeons, a graduate from one of the most eminent colleges of the United States, and that the greater part of his life has been spent in the hospitals of London, Paris, Philadelphia, and elsewhere." Another claims to have made a medical tour through England, France, and Germany, visiting the principal hospitals in those countries, increasing very much his knowledge of the healing art. But all these assertions and claims, so unblushingly put forth, are entirely devoid of truth. In view of this fact, who can think for a moment of trusting these boasting advertisers with his health and his money, no matter how plausibly they may talk, or how strongly they may promise? Yet hundreds of young men, and even respectable females, ignorant of the falsehood and deception practised upon others, and believing the advertisers to be just what they represent themselves to be, who will fulfil their solemn promises, are induced to apply to them for medical assistance. There they are told just such a kind of story as the pretended medical

adviser thinks will best subserve his ends. A certain sum of money is demanded in advance, in consideration of which, the patient is assured a perfect cure shall be effected, or the money shall be refunded. But depend upon it, ye who may chance to be afflicted, that, when your money is once in their hands, you can no more induce them to return any portion of it than you can impede the progress of a powerful locomotive with a spider's web. So far from this, they will often demand more money at each subsequent visit, until the patient leaves them in disgust. We can refer any one, who feels interested in the matter, to many who have been thus imposed upon, and show them hundreds of letters from persons who have been treated in this way.

It may be, and in fact is, by many, thought very surprising that such gross and unprincipled impostors should continue to receive even a small patronage for any considerable length of time ; but this is not at all strange, if we take into consideration the fact that they spend annually thousands of dollars for advertising. These advertisements are read by the young and inexperienced, who are deceived by the false promises and hopes held out ; and, being eager to receive relief in the quickest possible time, blindly and unwittingly place themselves in the hands of these deceivers, and thus contribute to pay for the very advertisements which allured them thither. And, however grossly they may be imposed upon, pride of character and dread of exposure will generally prevent them from seeking any redress.

And then, again, assuming, as these pretended physicians do, false names, they are better enabled to fleece

their victims and escape detection. Very few indeed, who read their advertisements, have the remotest idea that most of the names are fictitious. Still, such is the fact. One individual will sometimes have three or four offices in which he is interested, each office under a different name, but united by a back entrance, at the same time affirming in his advertisement that he is connected with but one office. Hence, when a patient has left one office, where he has paid money enough to cure him twice without being benefited, and applied, as he thinks, to another physician, he is not unfrequently in only another apartment, as it were, of the same den, paying more money into the hands of the same mercenary villains.

Now, if these traffickers in human health are in reality such learned, skilful, and successful practitioners as they represent themselves to be, why do they assume false names? Why do they not use their true names, as all honorable men do? If a physician has any reputation or skill, or if he means to be honest, he will use his true name, rely on his own talents and experience, and not attempt to deceive by his borrowed plumage and his false certificates.

There is another method employed by these same persons to swindle money out of the female portion of community, to which I wish especially to call the attention of that class of my readers. The deception to which I here particularly allude is the advertising of female medicines, under the name of "Female Monthly Pills," "French Renovating Pills," "Italian Renovating Pills," "Portuguese Pills," etc. etc. These are all preparations of a certain set of male and female impos-

tors, sold at three and five dollars a box, in most cases, and are of no value whatever except to put money in the pockets of the seller. Females, who spend their money for such trash (and I have known those who had expended ten, fifteen, and twenty dollars), may depend upon it they will get nothing in return but physicking and ill-health.

The whole category of advertised female medicines is entirely worthless for the purposes for which they are recommended. I have examined and analyzed several of these preparations, and have conversed with many patients who have been induced to use them, and I do most solemnly aver that they are injurious to the human constitution, if taken to any extent, and under *no* circumstances will they accomplish what they are recommended and even warranted by the advertiser to effect. And I fearlessly assert that there is not a respectable physician in this city but will assent, if appealed to, to the statement above made. Even the vendors themselves of these filthy compounds dare not come out openly over their true names with their puffs and advertisements. They almost invariably use some fictitious name, in order to shield themselves from the opprobrium and scorn which justly attach to such imposture and deceit.

There is another class of nostrums upon which I wish to bestow a few remarks, and against the use of which the diseased and suffering patient cannot be too much on his guard. These nostrums appear under almost every great name the medical profession has ever known. They are mostly preparations of unprincipled speculators and quacks. The names of respectable and popular

physicians are not unfrequently used, in whole or in part, in order to bring these secret preparations more rapidly into notice. The public are more duped by taking these preparations, than by poisons administered undisguisedly. It is astonishing to witness the facility with which many suffer themselves to be imposed upon by the pompous advertisements of some panacea, pill, sarsaparilla compound, invigorating cordial, elixir, syrup, or universal remedy, which they purchase at a high rate, and swallow with avidity.

“Did people know the ingredients of the nostrums which they purchase, they would lose all confidence in them. Secrecy, in the minds of the ignorant and vulgar, stamps a great value on every medical preparation. Cheats and impostors know this, and thus take the advantage of such persons to palm upon them their spurious trash.”

It is true, as a celebrated medical writer has remarked, that “some allowance must be made when we reflect upon the want of a correct system of medical practice. Many persons, finding no benefit from *learned*, fly to *ignorant quacks* for relief; but there certainly is no excuse for such wilful ignorance.” When a man advertises that he can cure all diseases, no matter how long standing the complaint may be, nor what inroads it may have made upon the constitution, or when he publishes a *certain cure* for all complaints, look out for an impostor; no matter how many certificates are appended, or exhibited by him.

Many of the syrups and compounds advertised for purifying the blood, and called *vegetable*, contain *corrosive sublimate*. Corrosive sublimate is a preparation

of mercury, of which, if a few grains should be taken into the stomach, it would no doubt soon produce death, if not counteracted by proper remedies. I analyzed, a short time since, some Female Monthly Pills, and found the principal ingredients to be aloes and ergot. These pills have been extensively advertised, and no doubt thousands of boxes have been sold. The virtues of most of the advertised pulmonic syrups and cough preparations depend on the opium which they contain, and may, therefore, be often productive of injury.

I have thus cautioned you, my friendly readers, against a set of impostors, who "hang out their shingles" in various parts of the city, alluring the unsuspecting and unwary of both sexes to their dens of deception, and fleecing them oftentimes of amounts almost incredible. We beseech you to beware of such heartless and unprincipled villains. Especially is this caution necessary in regard to those who advertise so boastingly to cure diseases of a private and delicate nature. These are of the lowest and most unprincipled class of quacks and impostors. You can have nothing to do with them in any way, no matter how fairly they promise, without suffering in your health and in your purse. I repeat, beware how you intrust yourselves to the care of this class of persons. Consult no one who practises under a false name. I have no motive in thus warning you against these base deceivers, and the numerous puffed-up nostrums of the day, but your own good. It is that you may be induced to consult some honorable and intelligent physician, instead of an unprincipled advertising quack, who deals out his mercurial poisons without

skill or judgment. Could you but hear, as I do almost every week, the sad stories of patients who have been wronged and abused in the way referred to, I know you would listen to the voice which now so earnestly and affectionately appeals to you. As you value your lives and your health, I entreat you to remember the advice I have given you, and follow it. I have stated solemn facts, and, depend upon it, you will deeply regret it if you turn a deaf ear to the warning which they give. But if you will not listen to the appeal here made,—if you choose, after reading the above exposure of these mereenary professed healers of private diseases, to trust yourselves in their hands, or to resort to some of the numerous advertised nostrums for relief, and find, at last, by bitter experience, that you have been duped,—do not, when you apply at last, as you will inevitably be obliged to do, to some honest and respectable physieian, ask him to be very moderate in *his* charges, because you have been so imposed upon and fleeeed by others. If you will allow yourselves to be humbugged in the face of all the foregoing eaution, endeavor, I beseech you, to profit by it, but do not employ it as a reason to induce fair and honest praetitioners to lessen their charges.

I shall now leave the subjeet with the reader, and proeeed to notice some of the most prominent and common ills which affliet humanity, their eauses, symptoms, and treatment. I shall also notice briefly other topics necessary to be understood, espeecially by heads of families. If what I have said in the foregoing pages shall be the means of preventing even one individual from being misled by the deeceptions of impostors and

advertised nostrums, I shall be well rewarded for my labor.

NOTE.—Most of the medicines alluded to in the following pages as adapted to the diseases treated of, especially those of my own preparation, will be found under the head, "*Catalogue of Medicines*," etc., page 195.

A S T H M A.

THIS is an affection of the lungs, or the bronchial vessels, and is characterized by quick, laborious breathing, which is accompanied with a wheezing noise, stricture of the chest, and a cough. The difficulty in breathing is oftentimes so great as to prevent the patient from lying down by night or day.

There are two species of the asthma. One is attended with a plentiful discharge of mucus from the lungs, and is termed *humid* or moist asthma; in the other, there is little or no expectoration, and it therefore is called *dry* or spasmodic asthma.

CAUSES.—The asthma, especially the spasmodic, is caused by whatever increases the action of the heart, and stimulates and fills the vessels of the mucous membrane. Severe exercise, intense heat, dust, impure and smoky air, stimulating drinks, exposure to cold, inhaling the fumes of sealing-wax and other noxious effluvia, and a serofulvous taint of the system, are among the most common causes of this troublesome complaint. Sometimes it arises from mal-conformation of the chest. I have had several cases of firemen who contracted this disease by hard running.

TREATMENT. — Apply a galvanized strengthening plaster between the shoulders and across the upper part of the chest, reaching a little above the collar-bone. Take the Asthmatic Tincture in tea-spoonful doses every fifteen minutes, until relief is obtained. After the paroxysm is subdued, the tincture should be taken three times a day regularly. The patient should avoid all smoke, dust, &c.

The following are very good preparations for the Asthma. Sulphuric ether, tincture of castor, and laudanum, each half an ounce. Mix: take a tea-spoonful whenever the symptoms are urgent.

Or, extract of henbane, three grains; diluted nitric acid, thirty drops; tincture of squills, fifteen drops; water, an ounce and a half. Mix.

To be repeated every three hours during the fit.

But my Asthmatic Tincture I have found superior to anything else I ever tried.

More dependence, however, should be placed in proper regimen, than medicine, in this disease. Regular exercise in the open air, either on foot or horse-back, is absolutely necessary at all seasons, and the means of next importance is cold bathing. In winter the patient should sponge his body every morning, on getting out of bed, with salt water (two table-spoonsful of salt to each pint of water), rubbing the body well, after the ablution, with rough towels. The water used should at first be tepid, and then gradually colder, until the patient can bear it perfectly

cold. In summer, bathing in the sea, or the cold shower-bath, will be preferable. Cold ablution in winter tends more than anything else to do away with the susceptibility to cold which exists in the catarrhal forms of Asthma. After using it regularly for some time, exercise in the open air can not only be taken in winter with impunity, but with the greatest advantage. To regular exercise and cold bathing must be conjoined the strictest attention to diet, which should be light and easy of digestion, and never in such quantity as to exceed the powers of digestion.

Purging does no good in Asthma. The patient, however, should take care to keep his bowels regular. If a laxative medicine be needed for this purpose, the following is an excellent preparation :

Calcined magnesia, eight parts ; rhubarb, in powder, two parts ; ginger, in powder, one part. Mix.

Take one or two tea-spoonsful when necessary.

The above course will cure four out of every five cases where the complaint is not hereditary, or caused by mal-conformation of the chest, and will invariably afford the suffering patient relief.

C O N S U M P T I O N .

“ It is supposed,” says a somewhat celebrated medical writer, “ that consumption is incurable ; and

nothing is more common than, when an individual is attacked with this disease, to consign him to the grave. But we should not be too hasty in arriving at such a conclusion. We have many well-authenticated instances on record where consumption has been cured, either spontaneously or by proper remedial agents. * * * * * Indeed, it is beyond dispute that the lungs recover from disease the same as any other organ, though less frequently, provided the powers of nature are sufficient to bring about a healthy action; all which shows the propriety of pursuing a rational and judicious course of treatment; besides, it is our duty to alleviate disease when we cannot cure, and which can always be done, even in the worst stages of this formidable malady. The fact that cicatrices or scars have been discovered in the lungs of persons on post-mortem examination who had been cured of consumption, and who subsequently died of some other complaint, proves, beyond dispute, that the disease is curable."

TREATMENT.—The main end to be attained, in the treatment of this distressing complaint, is to support the strength of the patient, and promote the healing of ulcers in the lungs. The medicines upon which I place the most reliance to effect this, and which I prescribe in almost every stage of the disease, are the Lung Syrup, and the Magnetic Ether, No. 1. These medicines possess great virtues, and have cured many persons who have had every symptom of

genuine consumption, and some of whom had been pronounced by their physicians incurable. I use, however, many other preparations, according to the circumstances and symptoms of the case.

The best means, however, of effecting the invigoration of the system generally, consists in properly regulated regimen and diet, rather than in the use of medicine, though the latter is a great help in many cases, if judiciously administered. The patient should rise early in the morning ; breakfast and dine early ; his diet should be generous, without being too stimulating ; he should take plenty of animal food plainly dressed, with good bread. Oysters, and milk fresh from the cow, are both excellent articles of diet. Slops and watery diet are to be avoided. He ought to take exercise on foot, on horseback, in an open carriage, or on the top of a coach, and should be, at least, four or five hours in the open air every day, when the weather permits. Every necessary precaution should be taken to avoid danger from wet feet, sitting in currents of air, and sudden alternations of atmospheric temperature, as going out of hot rooms into the cold night air, or passing from the latter into heated rooms ; but exposure to the open air at all seasons when the body is protected by suitable clothing, and proper precaution is observed, improves the general health and strength, and tends strongly to fortify the system against the impression of cold ; whereas confining consumptive

persons in warm rooms during winter, and the adopting of other measures for the purpose of escaping the effects of a cold and variable atmosphere, have a tendency to debilitate the constitution, and instead of counteracting the unfavorable influence of the climate, only render the invalid more subject to it, and thus produce the very opposite effects to those intended. Another powerful means of hardening the body, so as to allow the invalid to withstand atmospheric vicissitudes, and render him capable of following his usual avocations, and enjoying the rational pleasures of life, is *cold bathing*. At first, the tepid shower-bath may be used, or simple ablution of the trunk of the body by means of a sponge or a towel dipped in water containing a portion of salt, and, after the skin has been carefully wiped dry, friction with the hair glove or a rough towel should be used. The time for using this process is immediately on getting out of bed. It is advisable in all cases, whether the shower-bath or sponging be employed, to begin with warm water, reducing the temperature gradually, until it can be used quite cold. Either of these methods may be continued daily in the coldest winter, but the latter, being the least troublesome, is generally preferred. Both sexes should wear flannel next the skin, from the collar-bone to the ankles. It to be worn of a thinner texture in summer than in winter, *but never altogether discontinued, especially on the chest.*

Many young ladies bring consumption on themselves by deficiency in clothing, and wearing cotton stockings and thin shoes during winter. These habits are often persisted in, in spite of repeated warnings ; and, when conjoined with late hours, long-continued excitement, and other evils of a luxurious and artificial manner of living, are the means of destroying thousands of lives.

In order to prevent debility, and impart vigor to the system, a good tonic is sometimes necessary. A decoction of wormwood and chamomile answers an excellent purpose. To one half-ounce of each add a pint of boiling water ; steep a short time, strain, and sweeten. Take half a wine-glass or more, three times a day.

Should diarrhoea supervene, give charcoal, pulverized, two parts ; magnesia, one part ; mix, and give a small table-spoonful daily.

If there be much debility and emaciation, flushing of the face, cough which has continued during several weeks, unusual perspiration during the night, the following will be found a very excellent prescription : Infusion of Colombo, six ounces ; elixir of vitriol, eighty drops ; quinine, three grains ; tincture of henbane, three drachms. Mix. Take one or two table-spoonsful three times a day. When hectic symptoms are manifested, and the pulse much quicker than natural, six or eight drops of the *tincture of foxglove* may be added to each dose.

This mixture, together with exposure in the open air during several hours daily, good nourishing food, and carefully avoiding everything of a debilitating tendency, will, in many cases, check the night perspirations, abate the cough, and give strength and vigor to the system.

DROPSICAL DISEASES.

IN this class of diseases there is an accumulation of water in the cellular membrane, impeding or preventing the functions of life. This collection is designated by different names, according to the different parts in which it is lodged. When it exists in the chest, it is called *hydrothorax*; in the abdomen, *ascites*; in the brain, *hydrocephalus*; in the ovarium, *ascites ovarii*; in the uterus, *hydrometra*; and, when generally diffused over the whole body, *anasarca*.

TREATMENT.—In the treatment of this troublesome class of diseases, the design is, first, to evacuate the water, and, second, prevent its reaccumulation by exciting a healthy action of the absorbent vessels. But, as the remedies employed for this purpose are so numerous, and depend so much upon circumstances, I shall not attempt to designate them by name. It will be much better for the patient to consult me personally, or some other physician of

experience, in the treatment of this obstinate class of diseases. I have been very successful in curing these complaints; having failed but seldom in any case of abdominal or general dropsy.

CATARRH IN THE HEAD.

THIS disease is occasioned by an obstruction of the glands and membranes of the head from cold and other causes, causing a copious secretion of a liquid which flows from the nostrils, or else falls into the throat, and produces coughing. It irritates the mouth and throat, and causes pain in the eyes and head, and considerable emaciation.

TREATMENT. — The head and shoulders should be frequently bathed with cold water. Take blood-root, gum acacia, and gum myrrh, equal parts, finely powdered; incorporate well together, and use as a snuff. This is one of the best remedies for this troublesome complaint.

The following is also very good: Take pulverized sage, a table-spoonful; black pepper, pulverized, a tea-spoonful; smoke several pipes full a day, and draw the smoke through the nose. Avoid taking cold, by all means.

RHEUMATISM.

THIS is an affection very extensive in its range, embracing the muscles, their coverings, the tendons, the ligaments, and, in some cases, affecting the membrane investing the bones.

TREATMENT. — *Internally*, use the Rheumatic Tincture, according to the directions; and *externally*, the Indian Liniment, or Magnetic Pain Extractor. The Blood Purifier may also be taken with decided benefit. The vapor. bath may be occasionally used in this complaint. In consequence of the free perspiration it produces, it will often be found very serviceable. I have also employed galvanism in this complaint with great success. The Electro-Chemical Baths, especially if properly administered, are almost a specific in all ordinary cases of chronic rheumatism.

Oftentimes the best-directed treatment is frustrated by a want of self-control on the part of the patient in attending to regimen and diet. It cannot, therefore, be too often repeated, that the diet should be cooling, light, and nutritive, and spirituous liquors entirely abstained from; that regular exercise should be taken in the open air, and flannel worn constantly next the skin; and we can assure the patient that, unless he pay the strictest attention to these important objects, he will greatly deceive himself if he place much reliance on any kind of medical treatment.

TIC DOULOUREUX. (Neuralgia.)

TIC DOULOUREUX is the term usually applied to a painful affection of certain nerves of the face. It may be seated in one of the temples, at the side of the nose, under the eye, or in the gums. Sometimes the pain attacks one side of the head and face, and may extend to the eye or ear. But, although this affection is, for the most part, confined to the face, it may, nevertheless, attack the extremities of the body, the female breast, the liver, the womb, or any other internal organ; and has, in many instances, been known to follow diseases of the skin. The pain comes on in paroxysms, is of a peculiar kind, and differs from that which accompanies inflammation. The patient describes it as being lancinating, stabbing, and excruciating. In severe cases the pain is increased by the slightest touch, shaking of the room, or by the least bodily exertion; and, when constant, delirium is sometimes the consequence. In some instances convulsive twitchings of the face are observed, and the tears are seen to run down the cheeks. There is, perhaps, no disease to which the human frame is liable, accompanied with more intense suffering than that which results from the more severe forms of tic douloureux.

TREATMENT. — In the treatment of this complaint I depend mostly upon galvanism. It is one of those diseases in which the beneficial effects of the Electro-Chemical Baths, properly prepared and administered,

are especially and quickly felt. The Pain Extractor is an excellent preparation to rub upon the affected part; and internally such medicines should be administered as are calculated to impart tone to the system; as, for instance, the Magnetic Ether, No. 2, or quinine in doses from one to five grains.

CHOLERA MORBUS.

THIS disease is characterized by vomiting and purging, with severe pain, cramps in the stomach, abdomen, and extremities. It occurs most frequently in the summer. Usually it is referred to the fruits or vegetables eaten; but it is more justly referable to the heat of the atmosphere deranging the liver, and thereby modifying the secretion of the bile.

TREATMENT.—In the early stages of this complaint our first object should be to allay the irritability of the stomach. To accomplish this, I know of no better preparation than the following neutralizing mixture: Take best Turkey rhubarb pulverized, saleratus pulverized, and peppermint-plant pulverized, of each alike by weight. Incorporate well together, and to a table-spoonful of this powder add about a pint of boiling water. When cool, strain, sweeten with loaf-sugar, and, if there be not much fever, two table-spoonsful of brandy may be added. Give a small wine-glass full every half-hour or hour,

according to circumstances, until the urgent symptoms are diminished, and the appearance and consistence of the passages are changed. In very severe cases, I sometimes add to each dose from ten to twenty drops of laudanum. Hot fomentations of bitter herbs, hot bricks, or bags of hot salt, applied to the bowels and extremities, are also exceedingly beneficial. Injections are frequently very useful. An injection of starch is good ; and, where there is considerable inflammation, *cold water* seems often to afford great relief. The following is, perhaps, one of the best injections which can be used in this disease, or any kind of bowel complaint : Take mucilage of slippery-elm bark, one pint ; sweet milk, half a pint ; molasses, half a pint ; sweet oil, one gill ; saleratus, a tea-spoonful ; mix and introduce warm with a large-sized syringe. If there be great pain in the lower intestines, a tea-spoonful of laudanum may be added to each injection.

After the urgent symptoms are removed, should there remain any diarrhoea, I use my Cholera Mixture, or Dysentery Cordial. This is one of the most valuable preparations known for cholera morbus, cholera infantum, dysentery, diarrhoea, etc. Its operation is speedy, prompt, and effectual.

The foregoing treatment will be found excellent, also, in dysentery, modified, of course, to suit existing symptoms. Great attention should be paid to diet. The best diet in bowel complaints is ground rice (or

rice-flour, as it is called). Mix it with a little cold water to prevent its being lumpy, then add boiling water and a little milk; boil fifteen minutes, sweeten with loaf-sugar, and sprinkle in a small quantity of cinnamon. Let it be taken in moderate quantities through the day.

D Y S P E P S I A.

THIS disease is a derangement of the digestive functions, and is frequently caused by sedentary habits, luxurious living, or continued and over exertion of body or mind, cold, use of tobacco, coffee, and obstruction in the liver. It is characterized by nervous debility, oppression after eating, pain and tenderness at the pit of the stomach, flatulency, acid eructations, costiveness, headache, depression of spirits, dizziness, loss of appetite, sometimes appetite craving, water brash, pain in the side, and a very inactive condition of the liver and bowels. These various symptoms do not, of course, all exist in every patient, but differ according to the stage and cause of the complaint, and the degree and extent of the irritation.

TREATMENT.—In commencing the treatment of dyspepsia I frequently administer an emetic, which often proves exceedingly beneficial by expelling morbid materials, imparting new energy to the stomach,

and by the healthy shock which is given to the neighboring organs and the whole system.

The next thing is to regulate the bowels ; and, to accomplish this, I employ medicines which are calculated to stimulate the liver to perform its office.

The medicines I have found most successful in curing this complaint are the Electric Pills and Blood Purifier, to regulate the bowels and improve the state of the blood, and the Magnetic Liver Drops, or Magnetic Ether, No. 2, to impart tone and energy to the stomach. In this complaint strict adherence must be paid to *diet*, both as it respects quantity and quality. Bathing several times a week, followed by brisk friction, and plenty of out-door exercise, as a general thing, are very important. It is sometimes necessary to wear a galvanized plaster upon the stomach, and the application of galvanism to the stomach, through the Electro-Chemical Bath, is often attended with great benefit. I never find any difficulty helping patients who are afflicted with this harassing complaint, if they will only follow my directions. I should be willing to warrant every case of simple dyspepsia.

The following is a celebrated Indian remedy for this complaint: First, take a lobelia emetic ; after its operation take a mild purgative of pulverized mandrake, say about twenty grains ; then take a tea-spoonful of the powder of the inner skin of a wild pigeon's gizzard, three times a day. To be taken in

a little syrup, molasses, or cold water. Drink freely of a tea made of pipsissiway. My Strengthening or Invigorating Elixir is one of the best medicines which can be used in this complaint, especially where the system has become much debilitated. A tablespoonful of lime-water taken immediately after eating will often prove very beneficial in preventing acidity of the stomach.

But medical means are not likely to be of much service in indigestion, without the strictest attention to regimen and diet; and it ought to be strongly impressed upon the patient that his health is in a great measure in his own hands, and that unless he has the resolution to avoid the causes on which the disease depends, the aid of the physician will be of but little avail. Many people, however, have it not in their power to adopt appropriate means for the removal of this tedious and obstinate disorder; and, under these circumstances, it becomes necessary to alleviate the symptoms by administering medicines to assist the digestive process. But the dyspeptic patient ought ever to bear in mind that temperance and exercise are the chief means not only of preventing, but of curing indigestion, and are indispensable in every form of the disorder.

A proper regulation of the diet is probably the most essential point; and the patient ought not only to avoid excess in eating, but must carefully abstain from articles of diet which he has found to disagree

with him. The meals should be regulated according to the occupation, habits of life, and peculiarities of constitution, of the individual ; for it is not to be supposed that the same kinds of food will be suitable in all cases. Personal cleanliness should likewise be strictly attended to. The patient ought to sponge his body every morning with salt and water, and afterwards rub the skin well with a coarse towel. The warm bath will, in most cases, be found serviceable ; and, in some constitutions, bathing in the open sea is attended with much benefit. Friction of the body with a flesh-brush or hair glove is useful in all cases.

LIVER COMPLAINT.

THIS disease is attended with pain in the right side, and in the clavicle and top part of the right shoulder ; sallowness of the countenance, loss of appetite and flesh, costiveness, indigestion, oftentimes severe cough, especially in the morning ; a yellow tinge of the skin and eyes, oppression of breathing, and frequently great difficulty of lying on the left side.

TREATMENT.—Bathe all over in tepid ley-water several times a week, and rub briskly with a coarse towel or flesh-brush. Apply a galvanized plaster to the side, and between the shoulders, if there be pain there. Take a portion of the Family or the Electric

Pills, twice a week, at bed-time. After they have moved the bowels, take a little light nourishment. Take from forty drops to a tea-spoonful of the Magnetic Ether, No. 3, or the Magnetic Liver Drops, three times a day. I usually prefer to begin with the Ether. Drink dandelion tea, or use pills of the extract of dandelion, about five or six a day.

DIET, about the same as dyspepsia.

A rigid adherence to these directions will cure any case of liver complaint, if the system has not been broken down by the injudicious use of mercury. I have succeeded in restoring those who had been confined almost entirely to the house for months.

CONSTIPATION.

THERE are few affections to which the body is liable of more frequent occurrence than constipation of the bowels.

A sedentary life, neglect of exercise, sleeping too much, lying too long in bed, long-continued trouble of mind, abuse of purgative medicine, all tend to constipate the bowels. But one of the most common of all the predisposing causes is improper food, which, reaching the bowels in an imperfectly digested state (of which rapid eating is one cause), is incapable of exciting them to a healthy and regular action. The same effect is also produced by excess in eating.

Another very common cause of costiveness is the habit of inattention to, and neglect of, the natural promptings of the bowels to evacuate themselves. Thousands on thousands, especially females, by habit of checking the natural inclination of the bowels to throw off their contents, have brought upon themselves habitual costiveness, which in time has cost them immense suffering and wretchedness.

No one should ever hold his bowels in check, if it be possible to avoid it. It can be readily perceived that doing this would tend to diminish the natural effort of the bowels, and to collect their contents into a solid mass. Then the exertion required to empty the bowels, or the physic taken to aid and make effectual that exertion, tends also to increase the difficulty.

The usual symptoms arising from a constipated state of the bowels are, head-ache, which is confined in most cases to the forehead, loss of appetite, flushing, or a feeling of heat in the face from any slight cause, a sensation of weight in the belly and loins, foul tongue, and in some people languor and listlessness, in others irritability of temper.

Habitual costiveness not only induces great and serious inconveniences, but, when long neglected, may give rise to various formidable diseases, which frequently prove fatal. The most common consequences of costiveness are, giddiness, ringing in the ears, head-ache, tension of the bowels, the disorder called

the *whites*, fistula, stricture of the rectum, eruptions on the skin, and various nervous diseases, such as hysterics, St. Vitus' dance, and hypochondria. In children, it sometimes precedes water in the head.

TREATMENT. — There is nothing of more importance, as a remedial means, in habitual costiveness, than regular exercise in the open air, more especially when taken before breakfast, and conjoined with early rising. It assists greatly in promoting the internal secretions, as well as the secretion from the skin; and, by giving regular and sufficient exercise to the muscles, is often sufficient of itself to restore the natural action of the bowels. It is also of great consequence to acquire a regular habit of evacuating the bowels daily at a certain hour, which, in general, is found to be most suitable and conducive to health shortly after breakfast; and even when the bowels do not intimate the necessity of complying with this habit, they should, nevertheless, be solicited daily, at the same hour, to discharge their contents. But, of all remedial means, a proper regulation of diet is one of the most essential, since, unless the quantity, as well as the quality of the food, is suited to the state of the digestive organs, and the habits and mode of life, it is not to be expected that the bowels will perform their functions in the same orderly manner that they naturally do in those whose habits are regular, and who adapt their diet to the wants of the system. The diet which generally agrees best with people is

plain animal food, either roasted or boiled, taken in moderation, with a due proportion of vegetable substances, such as potatoes, rice, spinach, carrots, and turnips. Porridge and cakes made from oat-meal, brown bread, unbolted wheat bread, stewed prunes, and various kinds of ripe fruit, have, with many people, the effect of keeping the bowels moderately open ; but an opposite effect is produced by various substances, difficult of digestion, as badly-baked bread, and very white bread (which frequently contains a proportion of alum), pastry, heavy puddings, rich cakes, cheese, and all kinds of nuts.

When constipation comes on in people otherwise healthy, the foecal matter is generally lodged, as has been already mentioned, in the lower bowels; and this, either owing to a want of muscular action in the bowels, or to deficiency of the mucous and other secretions necessary for the purpose of lubricating the foeces so as to facilitate their expulsion ; or it may arise from both causes combined. In such cases, an injection of cold or tepid water every morning will be found to relieve the bowels, and prevent the necessity of irritating the stomach and small intestines with strong purgatives.

When constipation depends on torpor, or functional derangement of the liver, which is known by the dingy-yellow or muddy appearance of the eyes, sallow countenance, furred tongue, difficult digestion, languor, and depression of the system, and by the

pale or clay color of the evacuations, the Blood Purifier and the Strengthening Bitters are the most efficacious remedies. Also, take one Electric Pill every night.

If the bowels have been allowed to remain in a constipated state until a bearing-down sensation at the lower bowel comes on, with a frequent desire to go to stool, and perhaps occasional discharges of small, hard foecal masses, the following draught, taken every four or five hours, will answer better than strong purgatives, which might irritate the bowels, and bring on inflammation :

Castor-oil, two or three tea-spoonful, beat up with the yolk of an egg ; tincture of henbane, fifteen drops ; peppermint-water, two ounces. Mix.

Or, the following electuary will be found equally serviceable :

Electuary of senna, two ounces ; jalap, one drachm ; extract of henbane, fifteen grains ; ipecac, in powder, six grains ; syrup of ginger, one ounce. Mix. A tea-spoonful of this electuary to be given as a dose every four or five hours.

We remind the reader that in general the healthy action of the bowels may be effectually restored, with little assistance from medicine, by following the directions previously given respecting exercise in the open air, diet, and the evacuations from the bowels.

PILES.

PILES are small, painful tumors, situated at the extremity of the great gut called the *rectum*, either within the anus or fundament, or around its margin. In popular language, these swellings, when situated within the rectum, are termed *internal piles*; when beyond the verge of the anus, *external piles*; and when there is no discharge of blood, they are usually called *blind piles*.

There are two kinds of piles, differing from each other in structure. The *first kind* is formed by dilatation of the veins of the anus. In those which are external, the veins are covered by a thick, indurated, cellular substance, and the skin surrounding the verge of the anus; the internal are also covered with dense cellular tissues, and by the mucous or lining membrane of the gut. In the *second kind*, the piles are soft, spongy, and not composed of enlarged veins, but of numerous minute vessels, interwoven with each other. When irritated, they increase in size, become hard, and blood is exuded from innumerable points on their surface; whereas in the first kind the hemorrhage takes place from the bursting of the vein, and the blood flows in a stream. Some authors describe other varieties of piles, but they appear to be only modifications of the kinds above described.

The causes which induce piles are numerous. The

principal of the *predisposing causes are*, a plethoric habit of body, a melancholic, bilious temperament, hereditary disposition, hot and variable climates. Piles are seldom met with before puberty, and women are most frequently affected with them after *the turn of life*. Sedentary occupations and indolent habits, conjoined with full, generous diet, and the habitual use of wine, malt liquors, spirits, etc., induce a state of general plethora, and more especially fulness of the blood-vessels of the abdomen. In such cases the discharge of blood from piles is merely a salutary effort of nature to relieve the system, and is to be considered as one of the means which nature makes use of to maintain the balance of the various functions of the animal economy, which numerous circumstances, even during the most satisfactory state of health, tend constantly to disturb.

The chief *occasional causes* are, constipation of the bowels, which is by far the most frequent; pregnancy; large or too often repeated doses of purgative medicine, especially that containing aloes. This disease is also brought on by long sitting; hence it is common among tailors, shoemakers, etc.; by sitting on the damp ground, wearing tight stays, and various causes which tend to obstruct the circulation of the blood in the abdomen, and irritate the lower part of the rectum.

TREATMENT. — In the treatment of either species of piles, whether bleeding or blind, or in a state of

tumor, the first grand object is to prevent constipation, and to regulate the bowels by some mild, laxative medicine, and a proper course of regimen. The Pile Pills will be found the best medicine which can be used for the purpose of relaxing and regulating the bowels, and removing that morbid state of the liver and stomach, which not unfrequently gives rise to the complaint. After the bowels are brought into a proper state, the next object will be to employ such local applications as will relieve or remove the disease ; and these will depend upon the kind of piles for which they are prescribed.

1st, *Bleeding Piles*.— When the hemorrhage is the predominant symptom in piles, inject up the rectum, on going to bed, about a table-spoonful or two of a strong decoction of white-oak bark, or matico, and in the morning about half a pint of slippery-elm mucilage. No more of the astringent decoction should be injected than will stay comfortably in the rectum during the night.

2d, *Blind Piles*.— If, in this kind of piles, chronic inflammation exist, with swelling, soreness, etc., refrigerant or cooling washes should be applied. The following is very good: Borax, two drachms; sulphate of morphia, three grains; water, half a pint. Mix. Apply it several times a day, with a piece of soft linen, or sponge, first washing the parts with water. Use the Blood Purifier, and Pile Pills, to correct the faulty state of the liver, which gener-

ally exists. If the tumors become very painful, a poultice of slippery-elm bark and milk will often afford immediate relief. If the tumors are forced down, apply a little lard to the finger and return them, if possible. Press upon the most prominent tumor. A leech or two applied to the tumors, when they are very painful, will often give great relief.

Some persons have derived great benefit, in inflamed piles, by steaming over oakum or tarred ropes. The following astringent ointment is very generally used, but quite likely a saturated solution of alum will answer equally as good a purpose:

Powder of oak-galls, one ounce; elder ointment, or hog's lard, one ounce. Mix.

Anoint the piles and anus with this, night and morning.

Other means besides the above may be employed with decided advantage. An excellent plan is also to inject half a pint or more of cold water up the rectum every morning, and suffer it to remain twenty or thirty minutes, if possible. Likewise, use the seat-bath at least once a day.

The diet, during this treatment, should be temperate and laxative. Fruits should be used freely, and also coarse bread, rye, and Indian mush and molasses; wine and exhilarating stimulants being entirely avoided, and, where admissible, as much out-door exercise taken as possible.

SCROFULA.

THIS disease shows itself in too great a variety of shapes and locations to be fully treated of here. It is called hereditary because it passes from one generation to another. It as often attacks the palace as the hovel. Whatever tends to debilitate, cold, damp air, want of exercise, proper food, warm clothing, or attention to cleanliness, predisposes the constitution to this disease. The more general places of attack are the glands in various parts of the body, especially the neck and behind the ears, which slowly suppurate, and finally discharge a white, flabby matter, something like curd. The ulcer thus formed generally manifests but very little disposition to heal.

CAUSES.—Many causes are said to give rise to scrofula; in fact, every agent, moral or physical, which depresses the energies of the system, tends to develop the disease. One of the most powerful of these is, without a doubt, the long-continued action of a cold, moist atmosphere. The injurious influence of this cause will be greatly aided by defective or unwholesome diet, want of cleanliness, sedentary habits, living in confined situations, where the atmosphere is not renewed, and the direct light of the sun is excluded.

There cannot be the slightest doubt that impure air, and the absence of the direct solar rays, exercise a powerful influence in inducing scrofulous affections; this is shown by their greater prevalence

among the inhabitants of large towns than among those who breathe the pure air of the country.

We see the influence exercised by climate over this disease in the aggravation of the symptoms during the spring and winter seasons, whereas in the summer months scrofulous sores generally improve, or disappear altogether. All external agents, all circumstances which reduce the energies of the system below the natural standard (more especially when conjoined with atmospheric humidity and cold), are exciting causes of scrofula. The children of scrofulous parents, under whatever circumstances they may be placed, are more liable to the disease than the children of healthy parents in parallel circumstances.

TREATMENT. — This disease exhibits itself in so many different shapes that I cannot particularize the whole treatment in all its minutia. In all stages of the complaint, however, and especially where there appears to be a general scrofulous state of the system, it is necessary to use internally the Blood Purifier and Magnetic Alterative Drops. They may be taken together, one tea-spoonful of the Drops in a table-spoonful of the Purifier. To discuss the hard tumors under the skin, I generally employ the dissectient ointment. The following is also an excellent ointment for this purpose: Hydriodate of potash, one ounce; lard, four ounces; rub well together, and apply to the tumors morning and evening. A poke-

root poultice is sometimes beneficial ; so also is salt and brandy.

Cold bathing, by immersion or sponging, should not be omitted. Attend to it every morning, and be well rubbed with a coarse towel ; I prefer sea-water, when it can be conveniently obtained. Take free exercise in the open air, and a nourishing diet, being careful to abstain from all greasy and highly-seasoned food. Coffee is also injurious.

By pursuing a course similar to the above, I have succeeded in curing some of the very worst cases of scrofula.

In closing this article, it may be proper to remark that scrofula can never be cured rapidly, inasmuch as it is the result of a morbid change affecting the entire organization of the body ; and we repeat, that the best means, not only of preventing, but of controlling and removing, this obstinate disorder, are proper diet and clothing, — flannel, especially, should be worn constantly next the skin — pure, dry, and warm air, and regular exercise. The Electro-Chemical bath is always of great service in this complaint, especially when the skin is affected with eruptions. It must also be borne in mind, that though the medicines above mentioned are of the greatest service, it is only when they are employed with steady and patient perseverance, aided by the strictest attention to the rules requisite for the improvement of the general health.

INFLAMMATION OF THE BOWELS.

THIS is usually a dangerous and painful disease, and is attended with fever, costiveness, and vomiting. The urine is high-colored, there is considerable thirst, great loss of strength, and flatulence.

CAUSES. — Inflammation of the intestines is caused by costiveness, exposure to cold, drinking cold liquids when the system is much heated by exercise. It is also sometimes caused by tumors, eating unripe fruits, &c.

TREATMENT. — Administer a table-spoonful of castor-oil, every two hours, until it acts upon the bowels, and occasionally repeat it, if circumstances require. No other physic should be given in this disease. Blood-warm injections may be given once in two or three hours, if the pain is severe. The best injection for this purpose is the following: Slippery-elm mucilage and milk, half-pint each; molasses, one gill; sweet oil, two table-spoonsful; laudanum, half a tea-spoonful: mix.

Hot fomentations of bitter herbs may be applied to the bowels. Steep the herbs in vinegar and water, enclose them in a flannel cloth, and renew them as soon as they are cool.

Sometimes cloths wrung out of cold water and applied to the bowels afford the most relief. The temperature of the water should be softened a little in the commencement, and gradually applied colder.

Cover the cold cloth with one thickness of dry flannel.

If vomiting attend, administer the following: Spearmint tea, half a tumbler; saleratus, half a tea-spoonful. To be given in table-spoonful doses every hour. The regimen in this disease should be of the most cooling character. Slippery-elm is good.

INFLAMMATION OF THE BLADDER.

THIS disease is characterized by severe pain in the region of the bladder, an insupportable inclination to urinate, and a sensation as though the bladder were ready to burst, when in fact there is little or no urine in it. There is usually considerable fever, a hard pulse, and sometimes sickness and vomiting attend.

CAUSES.—It may be occasioned by any of the usual causes of inflammation. Most frequently, however, it is caused by Gonorrhœa, by an improper use of acrid medicines (such as cantharides), stricture, local irritation, &c.

TREATMENT.—Warm baths should be employed, and hot fomentations of bitter herbs applied over the region of the bladder as often as the urgency of the case seems to require. Physic should be given occasionally. The diuretic drops should be taken three or four times a day in some convenient vehicle,

such as mucilage of gum arabic, or wild carrot-seed tea. Flax-seed tea, and cleavers steeped in cold water, are also good. Drink freely. Total abstinence from all stimulating articles of diet must be faithfully observed.

FEMALE DISEASES.

UNDER this head, I propose to notice some of the most prevalent of those disorders which belong *exclusively* to the female system.

FALLING OF THE WOMB.

(*Prolapsus Uteri.*)

THIS is a very troublesome affection, and also a very common one. Married females are more subject to it than unmarried ones; but it exists to a great extent among the latter class, and even among very young persons.

Among particular causes of this complaint may be mentioned tight dressing, too violent exercise, constipation of the bowels, injuries at childbirth, or rising too soon after it, and various *excesses*.

The most prominent symptoms attending this complaint are pain in the small of the back and groin, bearing down sensation, a feeling of "goneness" at the pit of the stomach, lassitude and weariness of the limbs, and oftentimes a constant desire to urinate.

TREATMENT.—If there be much sagging or falling of the womb, it should be replaced, and the patient for a while keep as quiet as possible. A decoction of crane's bill or witch-hazel leaves, to which may

be added a little alum, should be injected into the vagina, two or three times a day. A proper supporter will occasionally prove very serviceable ; I have sometimes found a sponge of a proper size, introduced into the vagina, to answer an excellent purpose. It should be firmly attached to a silk thread, and introduced as high up the vagina as can be easily borne, and occasionally removed and cleansed. Cold water dashed over the loins, wet bandages, around the abdomen, are highly useful. Galvanism is one of the very best remedies for general use. When properly applied, it gives strength to the muscles, and a healthy tone to the organ itself. Tonic medicines internally are exceedingly serviceable in a great many cases. The Magnetic Ether, No. 2, is perhaps one of the very best medicines which can be taken for a general tonic. The Restorative Bitters are also very good, and so especially is the Strengthening Elixir, or Perfect Tonic.

INFLAMMATION OF THE WOMB.

THIS disease is attended with pain in the lower part of the bowels, which is increased upon pressure by the hand. The abdomen swells, and is tender to the touch. In the acute stage of the disease, there is considerable depression of strength, fever, thirst, nausea, and vomiting.

TREATMENT.—Promote as soon as possible a gen-

tle perspiration. Apply hot fomentations of hops, or any kind of bitter herbs, to the bowels, and renew as soon as they become cold. If there be a good deal of irritation, an anodyne may be given.

The spirits of spearmint and spirits of nitre, equal parts, may be given freely. The spirits of spearmint should be made by tincturing the green or dry herb, in Holland gin.

M E N S T R U A T I O N .

THE periodical discharge of females, termed menstruation, indicates the power of procreation, and, when regular, and in due quantity, serves not only as a sign of health, but as a powerful means of preserving it. This discharge appears intended to relieve the system of the blood which is destined for the support of the foetus during pregnancy, as well as for the secretion of milk, the natural aliment of the child during the first months of its existence; and has also the effect of stimulating the womb, and fitting it for conception. If, therefore, the super-abundant blood which is intended by nature to be discharged through the medium of the womb be retained in the system, it must accumulate in other important organs, or tend to deprave the whole mass of blood in circulation, and thus induce local disease, or general derangement of the health; and if, on the

other hand, the discharge be much greater, or occur more frequently than natural, the body will be weakened, and the health otherwise injured. Hence, from the great influence which menstruation must necessarily exercise over the whole system, it is obvious that perfect health cannot be maintained while there is any irregularity or disorder of this important function.

A delicate and luxurious manner of living, early excitement of the imagination, want of suitable exercise in the open air, sleeping upon feather-beds, late rising, and, in a word, mismanagement or neglect of the moral and physical education of girls, tend strongly to induce precocious menstruation. The non-appearance of this discharge before the age of seventeen, or even later, is more desirable than its premature occurrence. The latter, however, is not to be considered as a disease in itself, although it generally indicates a feeble constitution.

Young women are often late in menstruation, and this sometimes becomes a source of much anxiety to parents; but, although it be delayed considerably beyond the fourteenth year, there is no occasion for alarm as long as the usual signs of puberty are absent. In this case we are not authorized to adopt means for the purpose of hastening menstruation, nor should we be justified in attempting to remove the various ailments to which girls are subject at this period of life, by administering remedies to bring on

the menstrual flux. But, on the other hand, when, at the usual age of puberty, pain is experienced, from time to time, at the loins, and in the abdomen, with an unusual development or painful sensation of tension of the breasts, a periodical swelling of the lower part of the belly, and other symptoms indicating that the system is making fruitless attempts to establish menstruation, it then becomes necessary to adopt means to aid the efforts of nature, in order to prevent the serious consequences which might result from the retention of this salutary evacuation. The proper treatment to be pursued in this and other derangements of the catamenial discharge will be found laid down under their respective heads.

In concluding this article, we would observe that the duration and quantity of the first discharges are not to the same extent as when menstruation is fully established; and it often happens that two or three months elapse between the first and second discharge, and sometimes the menses do not appear at regular periods until the expiration of a year or two.

It is of the greatest importance that young females should be instructed *early* by their female friends in the management of themselves during menstruation. Exposure to cold, dancing, food difficult of digestion, bathing, medicines, mental excitement, and other causes which might check or render too profuse the discharge, ought to be carefully avoided at this period.

SUPPRESSION OF THE MENSES.*(Amenorrhœa.)*

UNDER this head I shall not only include the stoppage of the menstrual discharge after it has been once regularly established, but also those cases where it fails to appear at the proper season. The causes which bring about this complaint are numerous, and are sometimes constitutional, and sometimes accidental. My limits will not permit me to enumerate them; neither, perhaps, is it necessary that I should.

The symptoms and effects of suppression or non-appearance are sometimes exceedingly harassing, and frequently serious. Pains and dragging sensations in the loins and groins, irritation of the external parts, feebleness and languor of the system, and great depression of spirits, afflict the patient. The eyes become dull, and surrounded by a dark circle; the head aches, the stomach sickens, the appetite becomes capricious, the feet and limbs swell, and many other unaccountable nervous symptoms supervene.

TREATMENT. — Before commencing any active treatment for suppression, the patient should exercise great care and circumspection, and endeavor to be certain in regard to the cause. It may, perhaps, be a consequence of some other disease, such as some affection of the stomach, or spine, or lungs, the

removal of which would effect a cure. Sometimes it is caused by a scrofulous taint of the system. Or it may be the result of *pregnancy*, which the patient is not aware of, and hence a miscarriage be produced, perhaps at the very time she might feel the most desirous of becoming a mother.

In treating this complaint, very frequently nothing more is required than a change of air, proper attention to the state of the bowels and skin, a nourishing diet, cold baths, with plenty of friction, and abundant exercise.

When such means fail, and medicines are required, the best article which I ever tried, and which a celebrated professor of midwifery, and the diseases of women and children, has recommended in the highest terms, is one to which I have given the name of "Female Sanative Drops." I have employed this in a great many difficult cases, and am satisfied it is superior to every other remedy. It is prepared of two different strengths, the weakest being designed more particularly for young persons, and very mild cases. (See Catalogue of Medicines, page 201.)

Galvanism, also, is an excellent application. I have employed it in numerous cases with great success. When properly applied, one or two applications will often have the desired effect. There are also other means still more effectual in some cases, but, as they should only be employed under the eye of a competent physician, it is unnecessary to men-

tion them here. The foregoing treatment, if properly managed, will be found abundantly successful. Under my own management, I should be willing to *warrant* every case; for I have never yet failed, and I have had some cases of the most obstinate character. I have had patients from twenty-four to thirty-three years of age, who had never menstruated, and upon whom much skill and money had been expended, and have succeeded in bringing about the discharge in a few weeks. Some of these patients I am at liberty to refer any lady to who may wish to see them. In all urgent and difficult cases it will be far better for the patient to apply to me personally than to attempt to manage the treatment herself, as it requires to be very much varied to suit different constitutions and circumstances.

PROFUSE MENSTRUATION.

(*Menorrhagia.*)

SOMETIMES there is an immoderate flow of the menses, attended with a bearing or pressing down pain in the back and loins, paleness of the countenance, chilliness, loss of appetite, and various nervous complaints.

TREATMENT.—The patient should be kept perfectly quiet both in body and mind, and in severe

cases should lie on her back, on a mattress, with the pelvis elevated, the extremities kept warm, and her covering not burdensome. If the pain or hemorrhage be considerable, an anodyne may be administered. Towels wrung out of cold rum and water may be applied to the bowels, and frequently changed. A tea made of avens-root, flea-bane, or beth-root, is excellent; so also is alum whey.

The diet should be light, consisting mostly of rice, milk, very ripe fruit, lemonade, &c. The bowels should be kept open, though all active physic must be abstained from. Little cream tartar may be given, and if necessary castor-oil. Injections of thin starch and castor-oil are about as good as anything to relax the bowels. There are many stronger remedies for arresting an excessive discharge of blood from the womb, but, as they should only be administered under the direction of a physician, they are not mentioned here.

PAINFUL MENSTRUATION.

(*Dysmenorrhœa.*)

CASES are frequently met with where menstruation, although not wholly suppressed, is, nevertheless, difficult, and attended with a good deal of suffering. There are severe pains in the back, groins, lower part of the abdomen, and a kind of

grinding contraction of the womb. Cold chills, cramps in the limbs, head-ache, blindness, and vomiting, are also frequently experienced.

These sufferings sometimes commence with, or a few hours before, and sometimes several days before the discharge. Very frequently the discharge in these cases escapes in drops, as it were, as if with difficulty; and at others the patient passes mostly clots, or membranes, or fleshy threads. Occasionally, however, the discharge is sufficiently copious, and quite natural in appearance.

Both married and single are liable to this complaint, though it is more frequent in the single, and appears to be most common between the twentieth and thirtieth years of age, and in subjects of an irritable sanguineous temperament.

TREATMENT.—Externally, the treatment of this harassing complaint must consist mostly of warm baths, hot fomentations of bitter herbs to the abdomen, or hot salt, or a hot brick enclosed in a flannel wet with vinegar, and applied to the bowels. Galvanism will frequently relieve the pain in a few minutes, and applied often during menstrual intervals will very much assist towards promoting a cure.

For internal use I know of nothing superior to the Female Sanative Drops, or Dysmenorrhœa Pills. The pills, especially, are almost a specific, particularly in the *irritable form* of the disease, which is always the most difficult to manage. In all severe

eases, these remedies should be taken not only at the time of the attack, but also during menstrual intervals.

LEUCORRHœA, OR FLUOR ALBUS.

THIS disease, usually known as the *whites*, is more common than any other of the numerous derangements of the female economy. It appears in the form of a discharge from the vagina of a variously-colored matter, and differing in intensity according to the cause and duration. This discharge is in some cases bland, and in others acrid, causing a slight smarting in passing water. It is very annoying, and is accompanied in most cases with considerable constitutional disturbance, which occasionally becomes quite serious. It is generally attended with pain in the back and loins, loss of appetite, dejection of spirits, paleness of the countenance, and lassitude. The feet and ankles sometimes swell, the menstrual periods become deranged, and hysterics in a greater or less degree afflict the patient.

TREATMENT. — The main object in the treatment of this complaint is to impart tone and energy to the system. Let the patient bathe all over in coolish water, several times a week. Every morning let her use what is denominated the *sitz* bath; that is, sit down in a tub of water, with the shoulders and

lower limbs shielded from the cold air by a blanket. Remain from fifteen to twenty minutes, using a tub just large enough to sit in conveniently, and about that quantity of water necessary to reach within two inches or so of the umbilicus. As internal remedies I have used, with success, muriated tincture of iron, syrup of the iodide of iron, copavia, cubeb, beth-root, hollyhock flowers, white pond-lily root, &c. But the best remedies I have ever employed, as a general thing, are the Vegetable Eradicator, and the Strengthening Elixir. The injections spoken of under the head of *prolapsus uteri* may be used with great benefit in connection with internal medication. The best female syringes are the bent patent syringe; I much prefer that patients should use no other.

The application of *Galvanism*, by means of a suitable instrument, will very frequently complete a cure more rapidly than anything else, by the general tone and vigor it imparts to the affected membrane. Strong tea and coffee should be abstained from in this complaint, as well as all other stimulating articles of food and drink.

CONCEPTION.

To investigate the subject of conception would require more room than the limits assigned to the subject in this work will allow, as well as be foreign to

the object we had in view in undertaking its preparation; but a very *brief outline* of the physiological theory of impregnation, as introductory to some remarks upon pregnancy and its diseases, will not, perhaps, be entirely misplaced or uninteresting.

The organs of generation more immediately concerned in the process of impregnation, or the only ones, at least, which require to be mentioned here, in order to a proper understanding of the subject, are the womb, the ovaries, and the Fallopian tubes. The womb, in a state of vacuity, is situated in the pelvis, between the bladder and the rectum, and below the intestines, and destined for the reception of the foetus. It is of a firm structure, in shape resembling a pear, and is divided into three parts,—the largest being called the *body*; the narrow part, the *neck*; and the lower portion, the *mouth*.

The *ovaries* or seminal glands of the woman, the secreting organs of the germ, are two in number, and are situated near the sides of the uterus, enclosed in the posterior fold of the broad ligament. They are oblong, oval, and about the size of a bean or almond, and of a yellow gray, and contain the ova (sometimes denominated the eggs of the human species), in number from eight to twenty. At puberty, the ovaries become developed and active, and by sympathy produce a series of changes in the uterus, mammae, larynx, &c.

The Fallopian tubes are two small canals which

communicate with the cavity of the uterus, and pass off from the angles of this organ, and open into the peritoneum, where their fimbriated extremity floats free. They are four or five inches long, and about the size of a goose-quill.

At the period of puberty the ovule is already formed in the ovary of the female. As soon as fecundation takes place, the vesicle which contains it breaks, and the ovule is seized by the Fallopian tube; it traverses this tube, and finally arrives in the uterus, pushing before it a certain membrane denominated the *membrana decidua*, and there becomes developed, being surrounded by the decidua; the relations of which to the ovule are the same as the pleura to the lungs.

This is the only positive knowledge we possess with regard to this interesting point. To endeavor to discover how the ovule is fecundated, and what way this fecundation results in the formation of a new being, would be to attempt to penetrate a mystery which the most ingenious theories have not been enabled to clear up, and which will probably always remain impenetrable to human observation.

P R E G N A N C Y .

IMMEDIATELY after conception commences the development of the foetus, or pregnancy, which termi-

nates by delivery, two hundred and seventy days, or nine months, after impregnation. During the first three months of pregnancy some women experience a great variety of harassing symptoms, while others suffer scarcely any inconvenience whatever. Among the most common presumptive and local signs of pregnancy may be mentioned suspension of the menses, head-ache, sickness at the stomach, indigestion, costiveness, heart-burn, peculiar longings, and giddiness. The breasts enlarge, become tender and more or less painful. The areola assumes a brownish color, the nipple is erected, papillary tubercles are developed, and a slight secretion of milk is often discovered. Some of these signs, however, lose much of their value in women who have borne children.

Lastly, as a sign of pregnancy, we have the development of the abdomen, which may be divided into two periods. The first appertains to the presumptive signs, and is caused by a temporary flatulence, which ceases towards the third month. At this period, the abdomen, which was manifestly elevated, becomes so flattened as to induce the woman to doubt whether she is pregnant. But soon, the uterus, continuing to rise, pushes before it the abdominal walls, and the abdomen again begins to enlarge. This constitutes the second period, which furnishes a number of important signs, and which must be classed among the *probable* evidences. Finally, the presumptive signs, which have no great value when isolated, acquire

much more importance when observed united in the same woman. This combination constitutes a probability. However, we must be guarded against error, even under these circumstances ; for it is well known that the first conjugal embraces may determine suppression of the menses, which, in this case, is always accompanied by reäction in the breasts, slight meteorism of the abdomen, and disturbance in the digestive functions, although pregnancy does not exist.

CONDUCT DURING PREGNANCY.

A JUDICIOUS writer has truly remarked that a pregnant woman occupies a position of the highest interest. She bears about a being whose future physical, and, it may be added, intellectual, moral, and animal condition, is dependent, in a great measure, upon the conduct and the state of mind which she pursues and cultivates during the period of her pregnancy.

The mental and moral influence of the pregnant female on her offspring is a subject too wide to be treated of here. The *physical* influence may be noticed.

To enable a mother to realize for her child that excellence of constitution a child has a right to receive from its parent, she must pay attention during

her pregnancy to her DIET, her EXERCISE, and her DRESS.

In reference to *diet*, the mother should avoid both all *stimulating* food, and all *excess* of food *not* stimulating.

In regard to stimulating food, some attempt to justify the use of it by the *peculiarities of appetite* existing during the period of pregnancy. But these peculiarities are not the product of health, but the consequences of disease, and, as such, should be treated medicinally and morally; not pampered by articles of diet which augment the diseased states, upon which these peculiarities are dependent.

Plain, nutritious, unstimulating food should be the constant source of nourishment to the pregnant female, and even this should not be taken in excess. As much attention ought to be paid to the *quantity* as to the *quality* of the food.

But, besides the diet of the **DIGESTIVE** organs, there is the diet of the **LUNGS**, necessary to be followed, in particular, by the pregnant female. The food the lungs require is *good air*. The bedroom should always be a well-aired, good-sized room; that is particularly required by the female in this condition. She should avoid late hours, and rise early; make as much use as possible of daylight; and the bed-clothes should be exposed to the air, so as to be deprived of the perspiration accumulated during the

night. The practice of making beds immediately on rising may be a *tidy*, but is not a *healthy* practice.

The second point to which attention must be paid is *exercise*.

The MUSCULAR system requires *exercise*, which is its diet. *Walking* is the best exercise; dancing, riding on horseback, or in a carriage over rough roads, should be avoided. Well-regulated exercise gives power to the *muscular fibres*, forming the external investment of the bowels; and as on their healthy state depends, in a considerable measure, the *expulsive* power necessary to aid the womb in the expulsion of the child at birth, the importance of walking, by which chiefly these muscles are strengthened, must appear.

These remarks lead to the third circumstance necessary to be attended to by the pregnant female; it is DRESS.

The dress should be loose. Stays are to be deprecated; they tend to destroy the power of the abdominal muscles, by preventing their regular action; and there can be but little doubt that the *ineffectual labor pains*, from which many women in confinement suffer so much, depend upon the inability of the womb, unaided by the abdominal muscles (these having been weakened by the want of healthy action, from the impediments of tight lacing), to expel the child.

DISEASES OF PREGNANCY.

THOUGH the state of pregnancy is one perfectly natural, and therefore in itself perfectly healthy ; yet, from the existence of a disordered constitution, as well as from numerous other causes, it often happens that attendant upon the state are many *deviations from health*. I will glance at some of the most important and troublesome of those deviations, and the best method of treating them.

SICKNESS OF THE STOMACH.

Some women are very much harassed with sickness of the stomach and vomiting, more especially during the first month of pregnancy. Sometimes it is very violent, and nearly everything taken into the stomach is rejected. The following mixture will often relieve this troublesome symptom. Take a wine-glass of water, dissolve in the water one scruple of the carbonate of potash, add one table-spoonful of lemon-juice, and drink. This may be repeated two or three times a day. A little cold chamomile tea during the day is of service. But one of the best remedies to relieve sickness of the stomach consequent on pregnancy is a tea made of the Rose Willow Bark. A dry cracker may be eaten on first rising from the bed.

HEARTBURN.

For this symptom let the bowels be kept open with magnesia. A table-spoonful or two of lime-water in the same quantity of milk may be taken after each meal.

COSTIVENESS.

Constipation is very usual in pregnancy, and should be carefully guarded against, as it is the groundwork of most of the diseases that arise at that period. A little castor-oil, or senna tea, or rhubarb and magnesia, or the Family Pills, will usually obviate this difficulty. As far as possible, however, the patient should endeavor to regulate the bowels by a laxative diet, instead of medicine. Stewed fruits, such as apples, peaches, prunes, &c., are very good; so, also, are figs.

DIARRHœA.

This often arises from the bowels having been constipated. First cleanse the bowels with a dose of magnesia and rhubarb; and if, after the operation, the diarrhoea continues, take the Cholera Mixture, according to the directions. The following will also be found a very good preparation. Chalk mixture, four ounces; tincture of matico, an ounce and a half; paregoric, two drachms. Mix. Take one

table-spoonful once in four hours. This course of treatment will generally check it. If it does not, apply for medical advice.

PILES.

Some females are very much harassed with this troublesome complaint during pregnancy. It most generally arises from constipation, and the bowels should be kept open by the use of the Pile Pills, or small doses of sulphur and cream of tartar in molasses. My Pile Ointment applied to the tumor will usually afford great relief. A piece the size of a small nut should be rubbed on two or three times a day.

ITCHING OF THE GENITALS.

This is frequently a troublesome affection. The bowels should be kept open with Rochelle powders, or some cooling laxative, and a sponge wet with Goulard water often applied to the parts.

INVOLUNTARY PASSING THE URINE.

This is more likely to occur when coughing or laughing; and, though troublesome, cannot often be cured. It is considered a favorable sign. Rest is the only palliative.

PALPITATION OF THE HEART.

This is best relieved by rest, and by taking during the paroxysm a few drops of ether, spirit of red lavender, tincture of castor, or tincture of valerian, in water. If it be very distressing, medical advice should be taken.

OF LABOR.

THE time of actual labor has been compared to the fatigues of a person on a journey ; and this idea has led medical men to divide the parts of labor into three stages. The beginning only of the first stage shall I describe, because after that my reader will be in the hands of her medical assistant, who will render all the aid she may require.

SYMPTOMS OF LABOR.—There is a pain in the back and loins, occurring at *irregular intervals*, and producing most disagreeable sensations ; there is generally also a *show* ; these sensations continue ; the patient becomes uneasy ; has frequent warm and cold fits, with frequent desire to pass urine, &c., and is exceedingly restless ; every situation and position appears insupportable and uncomfortable to her. By degrees the pains increase in frequency and force ; they occur now at *regular* intervals of ten or twelve minutes, and do not occasion that continued uneasi-

ness as at first, for when the pain is past she is pretty easy.

Now is the time to call in her medical assistant ; the first stage of labor has commenced (though sometimes what are called false pains will simulate this stage of labor so completely that none but an experienced physician can detect the difference between the true and the false, and he only by the touch). In the hands of her accoucheur I now leave my fair reader, bidding her to be of good cheer, and **FEAR NOT.**

A B O R T I O N .

ABORTION, or miscarriage, is the expulsion of the foetus before the sixth month of gestation ; after that period, but before the completion of the full period of pregnancy, it is called premature labor.

This accident is regarded by people in general, as well as by many physicians, of but little moment. For this reason, it very often happens that but little attention is paid to it, and therefore evil consequences sometimes result, which a slight caution on the part of the patient or her attendant might have prevented. It is supposed to occur most frequently between the eighth and eleventh weeks of pregnancy, though it frequently happens at a much later period. There is no doubt, we think, that when it takes place between the twelfth and fifteenth

weeks, it is attended with as little danger and pain, all things considered, as at any other period of pregnancy, unless it be the first ten or twelve days after conception.

CAUSES OF MISCARRIAGE. — The causes of miscarriage may be divided into two classes, the **PREDISPOSING** and the **EXCITING** causes. Among the predisposing causes may be mentioned an irritable and feeble condition of the womb, not admitting of distension beyond a certain extent; premature development of the mouth of the womb; excessive sensibility, debility, over-fulness of blood, extreme costiveness; a sedentary, idle, inactive life; luxurious habits, and very laborious occupations.

The exciting causes are fatigue, falls, or blows; purging, vomiting, excessive exercise; the motion of a rough carriage; passions of the mind, as grief, joy, fear, etc.; tight clothing, immoderate laughter, too frequent coition; other diseases, particularly fevers and hemorrhages; strong electric shocks, fits, forcing medicines, and, in short, whatever has a tendency to determine a contraction of the womb. Some women miscarry under the influence of the slightest cause, while others, on the contrary, encounter severe moral and physical disturbances without annoyance.

SYMPTOMS OF MISCARRIAGE. — The patient experiences severe pains, in the back, loins, and lower part of the abdomen; chills followed by heat, nausea

thirst, lassitude, palpitation, bearing down sensation, flattening away of the breast, etc. Under these circumstances we should expect every moment to see a miscarriage, without our being able to prevent it.

When miscarriage takes place at the third, fourth, or fifth month, there is considerable discharge, regular bearing-down pains, and expulsion of the embryo. In some the pains are severe, particularly if the foetus happens to present crosswise; in others, short and trifling. In some the process is completed in a few hours, in most before the expiration of twelve or fifteen hours; but occasionally it is protracted to a somewhat longer period.

TREATMENT. — When the miscarriage is threatened, the patient should be confined to the horizontal posture on a bed, the room should be airy, and the most perfect repose enjoined. A moderate portion of some anodyne mixture may be given, and repeated if necessary. Should the miscarriage be so far advanced as to afford no ground to suppose we can prevent it, it would be more proper to encourage it, or at least do nothing to protract the delivery.

After the foetus and membranes have been expelled, the patient should be kept quiet, and treated in a similar manner as at delivery at full term. Too many, as before remarked, are prone to be exceedingly careless after a miscarriage, and hence sometimes meet with some pull-back which they might have escaped. If a patient err at all, it is much

better to err by being too careful than by being too careless. We have known females to go about their business the very next day or two after a miscarriage. This was exceedingly imprudent in them; for, although they did it with apparent impunity, yet they exposed themselves to flooding, and uterine weaknesses and derangements. We would always exhort women in such cases to be careful. **BE CAREFUL!** These two words we would have constantly before them, by obeying which they will have but little to fear.

CAUSES OF EARLY DECAY IN AMERICAN WOMEN.

DESIRING to render this little work as useful as possible, and to make it emphatically what its title asserts, a "Domestic Medical Adviser," we think we cannot better close our observations upon the diseases exclusively belonging to the female system than by inserting the following remarks upon the **CAUSES** of early physical decay in American women.

We think there are very few, if any, who will venture to deny the proposition assumed to be true, in the heading of this chapter. The most casual observer must be satisfied, beyond the shadow of a doubt, that there does indeed exist a very extensive physical inferiority in that sex which has been so

often denominated "the fairer, better, and lovelier part of creation."

Woman's power to please, and the dread of her disapprobation, hold our sex in such absolute subjection, that the mentor is too often merged into the lover, and even whilst fascinated by her presence, and trying to silence our hearts for our dereliction, her fragile form is bending under those unchangeable and inexorable laws to whose teachings we have failed to direct her, and the grave receives at once the object of our love, and the evidence of our neglect of a duty more sacred than any other enjoined upon us by the Creator. Yes: man should be the teacher of woman; he enjoys the privilege to guide her steps aright. His is the strong arm and the judging head; hers it is to illumine the path with the sunlight of her smile, to gladden his ear with the music of her voice, and to cheer him with the blest and refining influence of her presence.

We do not believe it was the design of the Creator to invest her with the sterner attributes of a Newton or La Place, a Washington or a Shakspeare. It is glory enough for her to have nourished the philosopher with her blood, to have planted the seeds of virtue in his heart, and led his steps to an age when he becomes her protector, and the fulfiller of his destiny. In thus expressing ourselves, shall we be told, by some miscalled reformer, that we degrade the position of woman? Who was the mother of

Christ? Who are the philosophers, heroes, and poets, who have shed lustre upon past ages? They neither discovered the laws of motion of a universe, upheld expiring liberty, nor impressed the living page with the inmost emotions of the soul. They fulfilled their destiny; let us not forget ours.

Could we induce ourselves to believe the sole mission of the physician to be the administration of pills and potions, and to yield a servile obedience to the caprices of his employers (a bondage that dishonors and degrades him), our remarks would be impertinent. But we believe our profession to be that of a teacher of the laws of our being. Our college edifice is magnificent; ay, as extensive as the earth; our laboratory and cabinet, whatever it contains; our pupils, mankind; our text-book, the page of nature. It is true we sell no diplomas, and minister with feebleness at her altar: we cannot always keep our spirit to the desired height, amidst the daily toil of professional life, but to the best of our perception we shall always speak the truth.

If it were not for the present wretched state of their moral and physical education, and the too early development of the sexual passions, or that miserable spirit that presides over the hearts and money-bags of too many of our species, our children might start on the race of life with far better prospects of reaching its natural termination: marriages would not be contracted before the age of reason,

with that absolute selfishness that now governs them, Scrofula would not mate with scrofula, insuring consumption to a line of diseased offspring. Insanity would not seek the altar as a certain introduction to the mad-house. Gout would not bequeath his aching toes and crutches to a line of cripples: nor syphilis poison the secret springs of life in the unborn babe, till the mother, in the agony of her spirit, craves its death as the most merciful boon of Heaven.

These things have been called by worthy people "the mysterious dispensations of Providence." But the nineteenth century, with her tables of statistics, and her flood of physiological light, will no longer permit us to soothe our consciences with such a delightful plaster for sins against light and knowledge. The sins of the parents are indeed visited upon the third generation of them that know the right, and still the wrong pursue. Is there no remedy for so great an evil? Can man look upon the page of nature, and thence into the face of his Creator, and curse him for abandoning the work of his hands to premature destruction? These bodies, so curiously and wonderfully fashioned, were not designed for the worm ere nature had asserted the power of continuing the species; or, what is far more dreadful, for implanting the seeds of early death in our offspring. Let us examine the pages of our

great teacher, and see if we can discover the causes of such frequent failures in attaining her end.

So far as it concerns their original organic strength, or life-force, males and females are brought into the world with equal chances of life, whatever the condition of health may be in the parents. Both sexes, however, have, in our opinion, better chances of surviving, if the mother be healthy, even if the father be feeble; for, the development of the body depending upon the blood of the mother exclusively, health is more likely to exist at its birth, if the supply of the material be pure and plenty. The chances continue to be equal, so far as our observation goes, during the period of early infancy; or, to be more accurate, before they can run. After this, boys enjoy by far the best chances of acquiring health until adult life, when casualties and dissipation, and subsequently the cares and anxieties attendant upon the support of family, increase the mortality amongst males. It is probably for this reason that the number of male births exceed the female ones about four per cent. But we must shun statistics; however enticing to the medical philosopher, and convincing to the reader, they will afford little aid in the views we take of the causes of the physical inferiority of our country-women.

If it be true, then, that the chances of health for the two sexes are equal at the outset, and continue so to the period when they first attain the full use

of their legs, we must show some very decided and indisputable causes for the difference observable at puberty ; for what we have yet to say will serve but to show our own folly in making assertions we cannot substantiate. Let us look a little after their early training. We take, for example, a sister and brother ; the girl of eight years, the boy of six.

We give the girl two years' start of the boy, to make her condition equal to his at the outset. Both have endured the torture of bandaging, pinning, and tight dressing, at birth ; both have been rocked, jounced upon the knee, papped, laudanumed, paregoriced, castor-oiled, and suffocated with a blanket over the head, sweltered with a cap and feather-bed, roasted at a fire of anthracite, and poisoned with the foul air of an unventilated chamber, according to the universal formula of some superannuated doctor, or experienced nurse ; probably both, for these people usually hunt in couples and are very gracious to each other. — We give the girl enough start to make up for the benefit the boy has derived from chasing the cat, and an occasional tumble in the hall or yard, and the torture she has endured from her sampler, and being compelled to "sit up straight," and not be a "hoyden."

Our little couple start for school, with such a minimum of lungs as the unnatural life they have led will allow, and a stomach that is yet fresh enough to endure bad bread, plum cake, candies, and diseased

milk. The reader will remember that nature is beneficent, and will endure much abuse before she succumbs. Well, they are off for school. Observe how circumspectly my little miss walks; soon she chides her brother for being "rude." He, nothing daunted, starts full tilt after a stray dog or pig; and though he often tumble in the mud, and his clothes get spoiled; the result is soon visible in increase of lungs and ruddy cheeks. He cannot run without more breath; he cannot continue to run without increased dimensions and power of lungs; he cannot have large lungs without good digestion; he will feed well, and thrive apace.

They are now at school, seated on a bench, with their legs hanging down, so that the poor back-bone has no earthly support. Thus sits the wretched child, with book in hand, from nine till twelve or one o'clock, and sometimes three. The boy, with the aid of sticking a pin now and then in his neighbor, and occasionally falling asleep and tumbling from his bench, from pure nervous exhaustion, to the great relief of his half-stagnant blood-vessels and torpid nerves, endures it till another merciful pig or dog-chase makes him feel that he is alive.

But our unfortunate little miss is in a deplorable condition. She is charged to walk "straight home," where she is allowed to select her dinner from those articles that afford the least nutrition, such as pastry, cake, rich puddings, and apples. This, by the way,

is her second meal of the same character, having taken one either at breakfast or lunch. Indeed, she requires no better food ; for she has no exercise to consume the azote of the meat she ought to eat. Remember that her muscles move her limbs, and are composed chiefly of azote ; and it is the red meat or muscle of beef or mutton that she would eat if she had any appetite for it, that is to say, if her stomach and blood-vessels would endure it. The fact is, the child has fever, and loathes meat.

After dinner, she either sits down to her sewing, or the piano, and, in all probability, finishes the day's feeding with tea and preserves. She is then posted off to a feather-bed in an unventilated room, with the door shut, for fear the little darling will take cold. A stove or furnace keeps the upper chambers from 85° to 100° , and the feather-bed and the blankets, retaining all the heat of the body, swelter the wretched little creature till morning. What wonder that she gets spinal curvature, if not actual deposits of tubercles in the body of her vertebræ or lungs ? All this we have alluded to in the articles on Consumption and Scrofula. We have shown that, although predisposed to these diseases, they can often be overcome by exercise, air, and good diet ; and, though a child be actually free of scrofula, that it may be produced by such a barbarous mode of life as we have painted above. Boys often escape these evils by parental neglect, and a precious boon for

them it is ; but the poor girls are deprived of nature's only method of keeping the pale-faced monster at bay.

Now, if this picture be denied, take you two children of common parents, at a common country school, two miles from home, and, if they have sufficient clothing and good food, even though the benches have no backs, and the schoolhouse be overheated, and little better than a pig-pen, tell me if at twelve years of age the girl cannot often wrestle with her brother, and ask no favors of him.

As the period of puberty approaches, the constant deprivation of her natural want of good air, plain, nutritious food, and plenty of unrestrained exercise, becomes more apparent in its results. She is exceedingly awkward ; her face is pale, and her eyelids swollen ; the tight dresses, those accursed women-killers, cripple the play of the heart and lungs, and do not allow the blood to circulate freely in the extremities ; in short, she is literally a bread-and-butter girl, with a distressing consciousness of being all hands and feet. But now commences another and more serious difficulty ; she is to enter upon a new and wonderful phase of her existence ; nature is about to show her power in establishing a function, which is the evidence of the greatest change in her physical and moral nature. This change, when healthfully established, is the assurance that the life-forces of her system have been silently accumulating

till they are redundant. If she have been permitted to share the sports of her brothers, and to enjoy the comforts of a happy home and intellectual parents, her cheek may be invested with the blush of modesty, and her eyes assume the language of love, unconsciously to herself; nature's great end is attained with so little disturbance of the nervous and circulating functions, that a few weeks produce an astonishing change in her appearance. But yesterday she was a child, pleased with a puppet or a doll; now she is a woman, prepared to sympathize and to love.

Suppose, on the other hand, she be the unfortunate child of uneducated and vulgar parents, whose absurd ideas of gentility and education have dragged or driven her through early infancy in the manner we have endeavored to set forth. The period of the great change arrives, and the mother, totally uninformed of the rationale of the function, and knowing nothing but the fact that her child is still more wretched than before, sends for her physician. He, perhaps, also equally ignorant with herself, or, what is still worse, being a miserable time-server, sees the admirable facilities for "making a bill," and straightway commences a scene of deception and ignorance, that, if it do not result in the death of his unfortunate patient, leaves her a miserable creature, with spinal curvature, or consumption, or, still worse, by confinement and physic destroys her only chance of restoration, and causes her, should she struggle through

this eventful period of her life and become a mother, upon her second if not her first confinement, to drag out a wretched life, lying upon her couch from pure inability to stand up, a victim of prolapsus uteri.

The truth is, nature has been utterly foiled in the proper attainment of her greatest end, by crippling her only method of producing the life-force. Air, food, and exercise of proper quality and quantity, and unrestrained song, laughter, and sport — these are her means, and these she must have, or healthful puberty can never be established. If she finally break through all this cordon of ignorance, and attempt to invest her child with the crowning glory of womanhood, if the rose at last blooms faintly on her cheek, it is but too often the precursor of hysteria, and instead of being the delight of the social circle, she becomes a constant source of anxiety and misery to those who surround her. In short, she becomes "nervous," and that is an epitome of horrors often worse than death itself.

So far we have spoken of the more palpable evils of her every-day existence, whose direct effect on her body is so apparent that they are beginning to attract the notice of the thinking world. How shall we approach the subject of her intellectual being? What can we say of her mental education, as conducted in this city?

It sickens the heart to contemplate the education of female children in this city. Should nature even

triumph over all the evils we have enumerated, no sooner has the poor girl attained the age of puberty, than her mind and nervous system are placed upon the rack of novel-reading and sentimental love-stories. There is just enough of truth in most of these mawkish productions to excite the passions and distract the attention of the young girl from the love of nature and her teachings, and all rational ideas of real life, and to cause her to despise the (to her) commonplace parents, whose every hour may be occupied with considerations for her welfare.

Dickens, and Bremer, and Sedgwick, and Child, and Stowe, may counteract in some degree the effect of the writings of such moral lepers; but, when mothers praise such productions in presence of their children, there is but too much reason to suppose they will be read by the curious girl, and their full effect produced.

It is the premature excitement of the nervous and uterine system that we dread. The licentious characters, presented in all the glowing tints of a depraved imagination, cannot fail injuriously to affect the youthful organism. Nothing can be more certain than the production by these works of a precocious evidence of puberty. The forces of the young heart and vascular system are thus prematurely goaded into ephemeral action, by the stimulus of an imagination alternately moved to laughter and tears and sexual passion. A morbid centre is thus created in

the system, whose pernicious action is manifest in the diversified forms of hysteria; and nothing less than the total wreck of the youthful body often follows this infernal hot-bed of the passions, this altar of sacrifice for the young.

To this pernicious training we may add the example of that insane passion for dress, that constantly leads the mother from attention to her offspring, and the instruction of her own mind in those great truths essential to the proper conduct of every family. It is impossible for a child to form elevated ideas of morality or correct taste, if constantly under the influence of a mother whose whole soul is absorbed in the set or color of a dress or bonnet.

If we are asked what this has to do with health, we reply, that extravagant and elaborate dress not only incapacitates the body for natural and graceful movements, but, by preoccupying the mind, often exhausts the nervous system before the wearer leaves her house for needful exercise. And, what is worse than all, the insanity of the emulation in dress too often deprives a household of those minor comforts and ornaments, upon which so much of our health and happiness depends. There is little doubt that a well-furnished and judiciously selected library, and those other indispensable aids to the formation of a correct taste in children, good drawings, and casts of statues of artistic merit, might often be purchased by the exercise of a refined economy in dress, by the

time her children were old enough to appreciate them, by many a mother who now sighs for her inability to compete in extravagant dress with a wealthy and vulgar neighbor.

The constant changes of fashion in female dress often affords the Broadway or Washington-street philosopher the most grotesque and ridiculous exhibitions of the skill of the cunning modistes who devise them. Their surprising ingenuity in contriving means for filling their pockets and unsettling the feeble intellects of their purchasers is matter of astonishment, whilst the melancholy results of a close application to that death-distributing agent, the needle, is visible in the pale cheeks of their wretched employées, who are sacrificed by thousands on the altar of cupidity and fashion.

Every American woman should be above receiving the dictum of an ignorant and tasteless dress-maker. She should be instructed in the anatomy and physiology of her system, and be perfectly able at puberty to give a correct outline of a classical figure, and its appropriate dress, on the black-board. She should then be instructed to cut her own dresses in a simple and elegant manner, and adapt them to her figure, so that not the least pressure should exist on any part of her person. Indeed, without a good knowledge of the pencil and the harmony of colors, her person and her house will present what is so frequent in this city a grotesque arrangement of dress suita-

ble for a carnival or madhouse, and a drawing-room that would pass for a furniture store or a pawn-broker's shop.

So much, in our own opinion, is due to an incorrect and servile taste in dress, that it is one of the principal causes of the early decay of our country-women. Our climate demands, during one half of the year, absolute warmth and dry feet; and our fashionable country-women would consider themselves disgraced by appearing in public with a dress and shoes that every intelligent English woman wears as a matter of course.

On the subject of music, dancing, and declamation, as connected with health, we could extend our ideas far beyond the limit of this chapter. They have much to do with the physical inferiority of the present generation of women. The full use of the lungs is so absolutely connected with the preservation of health, that we consider vocal music inseparable from a true physiological education. The full inflation necessary for the sustained expression of the author's idea in vocal music is the best possible stimulus that can be used within doors for their healthy development, and the prevention of scrofula or tubercular deposits. Many a young girl has been saved from consumption by early instruction in vocal music. Declamation, or the clear and distinct utterance, in a loud and full voice, whilst standing erect (and with the lungs fully inflated, and filled as fast as exhausted),

of the more elegant compositions in prose and verse, is productive of the same result, and should never be neglected in the education of every young girl. There is not one American woman in a thousand who can read elegantly, or even correctly.

What shall we say of the music of the opera? We are far from being insensible to its charms, and the refining influence it exerts upon the taste of the adult, but can by no means assent to its good influence upon the young girl. It is the highest expression of the language of passion, and, as such, cannot but be adapted to that premature development of that system, so completely under the influence of passionnal emotion. That opera music is suggestive of higher thoughts and emotions, we freely admit, and believe that intellectual adults may enjoy it with propriety; but we ought not to forget that those high mental abstractions that may refine the intellect of the adult are produced by the action of two senses, equally suggestive of earlier and stronger emotions of a sensual character, in those whose years have not allowed the accumulation of material for thought and comparison.

The piano, with judiciously-selected vocal music, is not liable to so great an objection. That instrument is certainly well adapted for early instruction in the rudiments of music and patience; it is only to be regretted that it is so often made the means of injury to the health of the learner, by occupying too

much of her attention, too frequently under the instruction of a teacher who seems utterly unsuspicuous of the existence of fingers or wrist-joints, or that the back-bone is composed of vertebræ. The bent position in which a delicate or scrofulous child is compelled to sit for hours, practising a distasteful task, when nature cries aloud for air, exercise, and mirth (merely to please the aspirations of a vulgar mother, or needy and perhaps incompetent teacher, and when frequently there is not a reasonable hope of the wretched child attaining the age of puberty), forces upon us the conviction that it plays a prominent part in the early sacrifice of female life ; indeed, we consider it may fairly be classed with the needle in its pernicious results. A single hour for a strong one, or a half-hour for a delicate child, is all that should be devoted at one time to this agreeable but dangerous instrument.

Dancing, an accomplishment admirably adapted to the promotion of gracefulness and health, is too often made the means of developing impurity of taste in the young. That charming union of dignity and grace, so observable in the movements of that elegant dance of our ancestors, the minuet, serves by contrast to show the sensual and impure character of some of the others. A few of the modern dances are also well adapted for the young. It is deeply to be regretted that we have so far forgotten our national dignity as to import the lascivious dances of the

French capital, for they are neither adapted to the health nor mental purity of our children.

The excessive indulgence in the dance in over-heated ball-rooms is productive of some of the worst results brought under medical notice, and is one of the principal causes of ill-health in our young women. If the other branches of education were invested with that charm that might be imparted to them by competent instructors, the dance would not hold the youthful mind in such absolute subjection. The nervous exhaustion attendant upon committing to memory long and absurd tasks, during those hours when the young girl should forget that there *is* a school, and which should be devoted entirely to exercise and pleasing diversion, and, above all, to walking in the open air, causes her to seize too often with a morbid and insane avidity upon dancing, as the only method of entire relaxation she is permitted to enjoy; consequently, that which is designed for a graceful accomplishment, and pleasing relaxation from more serious pursuits, often occupies the mind exclusively, and proves equally degrading to her intellect, and injurious to her health.

The oral system of instruction, the only method congenial to nature, should be adopted in every school desirous of improving the youthful mind and body, and elevating the intellect of the learner; then the reasoning powers would be developed, and facts and beautiful and true analogies would fill the mind,

instead of musty rules, and words often as unintelligible to the teacher as to the learner.

Successfully to impart knowledge, the eloquence of the voice, the eye, the countenance of an intellectual teacher, who loves his subject and his pupil, and, above all, who remembers the workings of his youthful mind, and has not forgotten that dark period of his own life when he was condemned to the miserable punishment of standing before an ignorant automaton, with a lash or ferule in his hand ; his young heart burning for sympathy and knowledge, and filled with rage against his persecutor ; that is necessary, that is electrical in its effect. But, alas ! that would require educated and accomplished instructors, who fully appreciate their glorious calling, and, above all, parents to appreciate and honor them. That method, with hourly relaxation, during which the mind could be delighted and elevated by experiments in natural philosophy, and more especially chemistry and physiology, music and drawing, that would cultivate memory, reason, judgment, and taste, that would refine the intellect and improve the heart.

When the young girl enters society, too frequently at her sixteenth year ! even if she have, to appearance, escaped the bodily evils we have enumerated, she is often hurled into a scene of dissipation that speedily makes them evident, or she seals her fate by premature marriage and the cares of a family, before either her mind or body is fitted for her own pre-

servation, much less the guidance of children. Then follows the attendance of some ill-educated or designing but diplomaed quack, and she is taught to believe that his senseless prescriptions will cure her, without amending her habits of life. Thus she settles down for life into a nervous invalid.

All this we often hear imputed to our climate. Look at our revolutionary grandmothers, nay, our mothers! for many of them are yet here. We honestly believe, on the honor of our manhood, and what little knowledge we have, that there is comparatively nothing in our climate to bring about the condition of our young women, nor even any defect in the original constitution of one half the victims of early disease, that might not be overcome, were it not for the errors of their early education, their early introduction into society, and the fulsome adulation of our own sex. Society in our country is composed of boys and girls; not men and women. The senseless and degrading flattery with which their ears are constantly filled preoccupies the mind of the poor girl in the whirl of fashion and dissipation, and robs her of the benefit of that keen instinct and delicate perception she derives from her finer and more delicate organization; but of this we deprive her by the errors of her early training. The fault is ours, not hers; but full sadly does she suffer for it.

But we might protract this subject indefinitely, ay, even to the filling of a volume; and all we could

say would go to prove that as a nation we live too fast, we educate our children too superficially, and their nervous system at the expense of their intellect. John Hunter has told us that "increased action is followed by diminished power," and this is as applicable to the arteries of a human being as to the hose of an engine. There is a regular series of changes, from the earliest infancy to that period when we pay back the debt of nature, that show, by their unvaried sequence in such as die in advanced age, that the intention of nature was that we should not be resolved into our original elements until the gradual decay of our faculties rendered us of little use to those who surround us.

Not only other animals, but the vegetable kingdom, afford ample analogical proof that a healthy maturity and natural decay await those only who have not been forced to a premature development. The majestic oak, that strikes its roots deep into the earth, or "tosses its giant arms from the stormy promontory," and derives increasing strength from the storms of heaven; the lordly and ponderous elephant, that tramps over the plains of India; the eagle, that "sails athwart the skies and o'er the rolling deep," and that mighty monster that sports amid the billows, and whose vast bulk is nourished with hecatombs of living creatures, all derive length of days, majesty, and power, from following the simple and natural dictates of our ever-watchful but inexorable

mother. Man alone, with his lofty powers of reason, from the influence of unrestrained passion and disobedience to her laws, is subject, by infinite odds, to a far greater number of casualties, that break the brittle thread of his existence, and cause him to water the earth with his tears, than any of the superior tribes of animals.

We look with comparative calmness upon the face of the aged and virtuous parent, as it lies shrouded in the dignity of death; our hearts may bleed, but we feel no shock; reflection tells us all the resources of joy and mirth are exhausted; the life-spark has passed into the survivors; in the beautiful language of Scripture, "being dead, it yet speaketh." The body is about to "mingle with the atmosphere and earth, whence it originated," and the spirit to return to God. But, O! when youth, and vigor, and hope, are summoned, when death comes to them arrayed in the hideousness of disease, racking the bones, wasting the flesh, sending fever through the blood, and playing its dreadful experiments upon the fragile form of loveliness, which the kindness of parent, brother, friend, "has scarce suffered the winds of heaven to visit too roughly," tearing them from earth, its prospects of bliss, and the convulsive grasp of affection, then, indeed, we have cause to shudder at the consequences of our departure from the beneficent laws of our Creator.

**ON THE GENERAL MANAGEMENT
OF INFANTS.**

As the limits of this work will not admit of my treating upon those diseases which are most common to infancy and childhood, and pointing out their remedies, I have thought that a few brief hints upon the right management of the young beings committed to our care, the observance of which will tend to *prevent* many of the diseases incident to early life, might compensate, in a measure, at least, for what may be regarded by some as a very important omission.

By the word "infancy" is to be understood that period of time included in the space from birth to the completion of the process of teething. When all the teeth have appeared, *childhood* commences.

CLOTHING.—The clothing of infants should be warm and light. The long clothes may be worn for about six months; after that time, shortened one quarter, and, progressively, to the length which will enable the infant to walk. Permit me again to reiterate that warmth is highly essential to an infant's well-doing and comfort; and this is best effected by using fine flannel next the skin.

WASHING AND DRESSING.—These should be performed with great tenderness and care; for, if done violently and hastily, the child will scream and cry, and when this happens it is generally owing to the awkwardness of the nurse. The child should never

be spoken to in a loud or angry tone, or it will fear being washed and dressed, and it exhibits this fear by violent screams, etc. If gentleness in washing is used, together with soothing and cheerful language (for infants at a very early age are aware of alterations in the tones of the voice), the infant, instead of dreading the ablution, will evince its pleasure by "*crowing*," and spreading forth its limbs.

The *whole* body of the infant should be washed night and morning, and those parts of the body liable to be soiled, after each evacuation. The parts most likely to become excoriated are the folds of the skin about the armpits, neck, and groins; and these, after each washing, should be well dusted with hair-powder, or starch finely powdered, or some other absorbent powder. If there are excoriations, and they do not yield to mere dusting, but discharge a thick matter, the parts should be washed with the following mixture, two or three times a day:

Take of sulphate of zinc, two grains; rose-water, one ounce.

Then dust with the following powder:

Oxide of zinc, half a drachm; powdered orris-root, one drachm; powdered starch, five and a half drachms. Mix.

To be used after each application of the lotion.

Food. — The experience of ages is in favor of an infant's being nourished entirely on the breast-milk

for at least six months. After that time it may be fed once or twice a day, to prepare for weaning.

Babes should be nursed but three, or at most not exceeding *four* times a day. This may seem a preposterous rule; but let us reason together upon it. The food which nature has provided for the child is adapted to its age and capacity for digesting; "and it requires," says Coles, in his *Philosophy of Health*, "about the same length of time for the infant to digest its meal as it does the man of ripe age to digest his; and the various steps in the digestive process are the same in both cases."

If, then, five hours, or thereabouts, are required to complete well the process of digestion, why disturb it till it is finished? By letting the child have only its regular breakfast, dinner, and supper, it digests its food well, and is well nourished by it. But, adopt the course usually taken, and the little one's stomach is kept confused and oppressed, and its system is but half nourished from the quantity of food which would be requisite under a regular system. As infants are usually treated, they are subject to repeated vomiting, colic, and, not unfrequently, fits. And the cause is obvious. The stomach has been overloaded. Only feed infants right, and there is no reason why they should vomit, any more than grown persons. What danger can there be of a child's suffering from want of food before the expiration of the five hours between meals, when they not

unfrequently go from twelve to twenty-four hours, and sometimes longer, after birth, before they take any substantial nourishment? The “little-and-often” system, in my opinion, is destructive; contrary to the laws of health, contrary to true philosophy and reason, and should be forever abandoned.

As infants are now treated, they have but a small chance for life. By confusing and fretting their stomachs, they have wind, colic, heart-burn, and other distresses. Then, if they cry, they are put to the breast, and nursed so full that they cannot cry; or else dosed with peppermint, anise-essence, or paregoric, till stupefaction of brain and nerves is produced; and then, if at all restless, they are put into the cradle and rocked from side to side, till they have no senses left. Then the child, from extreme pressure of the stomach, vomits—nature’s kind effort to save it from fits and death. Then the mother, or nurse, exclaims, “What a healthy child! — See how it vomits !”

Why does the child vomit? Because the abused stomach rebels against its ill-treatment, and tries to save itself. What sort of symptom of health would it be in an adult to go along the street vomiting up his dinner? Would the old ladies put their heads out of their windows, and exclaim, “O, what a healthy man that is!” The stomach of the child should be so well treated that there shall be no occasion for its vomiting. It should have a full breast

on which to depend for a full meal, three times during the day, and never be nursed during the night. If the breast be scanty in its allowance, the child must nurse what it can get, and have its meal finished by a little diluted, sweetened new cow's milk. Then let it be very gently moved about for a while, and finally go to sleep.

In this way the stomach has time to digest its food, and time to gather up its forces for another regular meal. Under this course there would be little occasion for using those rocking brain-destroyers. Cradles could then be broken up for fuel—a much better purpose than their present use.

Let those mothers who really wish for healthy children try the course here proposed. Let the child have all it needs three times a day. Do not half nurse or feed it, and thus starve it to death, and then cry out condemnation; but give it a full breast, or make up a full meal by feeding. Keep it awake an hour or so, and then let it sleep, if it choose, till within a short space of another meal. Clothe it in accordance with the weather and the season, and give it free, pure air to breathe, and not keep it stived up in a room hot enough to roast beef.

If infants from the first were treated in this way, they would not only be more healthy, but altogether more quiet, and easy to be taken care of. Then, instead of putting the child to the breast to stop its mouth, and get rid of its crying, it would feel better,

and be far less likely to cry. And, generally, instead of wearisome nights,—usually caused by a disturbed stomach,—it would sleep quietly till morning ; and the mother with it. The food of the infant, taken just before it sleeps, or in the night, interferes with quiet rest ; just as the rest of an adult person is disturbed from a similar cause. This method has been tried, and proved successful. Let others try it.

ON THE MANAGEMENT OF CHILDREN.

HAVING, in the preceding chapter, treated of the management of infants, the author is reluctant to take leave of his readers without giving a few words of advice to them on the management of their older offspring.

The proper management of children is one of the most important works committed to the parent. Upon it depends not only their physical, but much, also, of their moral health. The virtue of cleanliness it is hardly necessary to dwell upon ; suffice it to say, that children derive much benefit from being washed all over the body every morning ; in the winter, perhaps, with tepid, but in the summer with cold water. They should afterwards be rubbed dry with a coarse towel. This proceeding is very conducive to health, and much improves the personal appearance, as well as adds strength to the frame,

The dress of children should be in some measure regulated by the season of the year ; but it should always be easy and warm. Some authors have advised that children should wear thin shoes, and thus get wet feet to harden them. Unfortunately, many lives are lost in this process of hardening. Neither do we see that the children of the poor, who are barefooted, are at all in better health than those of the superior classes.

Children should be allowed to run about much, and be in the air the greater part of the day. They can hardly take too much exercise.

Parents should not be over-anxious to commence the work of education. Many children are ruined in health, bodily and mental, by a sort of hot-bed system of education. It is better that little creatures of four, five, or six years of age should be *dunces*, than that they should have their bodily vigor lost, and their mental energy in after life endangered, by being employed in the school-room, undergoing the process of manufacturing into precocious prodigies, when they should be remaining free as the air in the green fields and pleasant woods.

The diet of childhood should be simple, and consist, for the most part, of good bread, potatoes, a little meat, and milk ; but the error in diet more frequently is in the quantity, than in the quality, of the food. Over-feeding is a rife source of disease in childhood. Many cakes, and sweetmeats, confection-

ery, etc., are injurious. Attention should be paid to the bowels of children; they should generally have two evacuations a day.

The great thing, then, to have healthy children, is to keep them clean and warm; give them plenty of air and exercise, few sweetmeats, sufficient, but not overmuch, plain food, and attention to the bowels. If these hints are acted upon, the visits of the medical attendant will be much curtailed in number, and the health of children greatly improved.

VENEREAL DISEASE.

THIS is a loathsome affection, which is sometimes local, and sometimes contaminates the whole system. It is occasioned by a specific poison, conveyed by contagion, or actual contact.

Much has been written, and much speculation has taken place, among the learned, respecting the origin of this disease, though without arriving at any satisfactory results. Dr. Steward supposed that it originated in the camp of Israel, as may be inferred by reading the fifth chapter of Numbers. "No doubt," says a medical writer, "it was first inflicted upon mankind as a curse, in consequence of departing from moral rectitude, or the law of God."

But the especial business of the medical man is to relieve the bodily sufferings of his fellow-men, without inquiring how those sufferings may have been produced. His duty is simply to prevent or cure disease, by medical counsel, or the administration of remedies; and he may, with a safe conscience, reject all other considerations, provided he can attain the great object of his labors — the restoration of health.

The diseases known by the general term of *syphilis*, or *venereal disease*, and arising from impure coition, appear, generally, in three forms — GONORRHOEA, CHANCRS, and BUBO. These sometimes exist alone, and sometimes together.

GONORRHOEA. — This is one of the first and most

frequent complaints of the generative apparatus. It usually manifests itself in a few days after exposure. Its appearance, however, may be protracted to two or three weeks ; and I have known one case where five weeks elapsed before there were any symptoms of the contagion. The first symptom generally experienced by the patient is an uneasy sensation at the mouth of the passage, or urethra. He is frequently called upon to arrange his person ; an itching sensation (often of a pleasurable kind) extends a little way up the passage ; there is a feeling of soreness along the whole course of the urethra, and there is oftentimes a painful erection, and a desire for intercourse, which, if indulged, the sooner develops the disease.

About this time there will occur a slight heat on passing water, or at the conclusion of the act ; and, shortly after, or may be before, a yellowish discharge will be observed oozing from the mouth of the urethra. In the course of a few days the discharge of matter will increase considerably ; will become thinner, and lose its adhesiveness ; the orifice of the urethra becomes red and inflamed ; the stream of urine will be smaller than usual, owing to the canal being made narrower by the inflamed state of the internal membrane ; and a considerable degree of heat, or scalding, will be experienced at each attempt at urinating. After a while the severity of these symptoms begins to abate ; the discharge dimin-

ishes in quantity, the scalding felt on making water subsides, and no other symptom remains except the discharge in a thinner and less adhesive form. In this condition, if not cured, the disease may last for a great length of time — for several months, and even years; it is then designated by the name of GLEET.

The inflammation caused by gonorrhœal poison sometimes extends to the bladder. The symptoms are a frequent desire to make water, and occasionally ulceration of the membrane lining the bladder follows, when a quantity of muco-purulent matter is discharged, which, mingling with the urine, gives it the appearance of whey. Moreover, the glands of the groin grow indurated and enlarged, or, perhaps, one or both testicles become swollen and inflamed; in consequence of which he experiences excruciating pains, extending from the seat of the complaint, up into the small of the back; he gets hot and restless, and slight symptomatic fever arises.

In consequence of the inflammation, the foreskin sometimes becomes so swollen at the end that it cannot be drawn back; or, if drawn back behind the glans, it cannot be returned.

When the inflammation prevails in a very high degree, another very troublesome symptom manifests itself. It is usually denominated *chordee*. The existing irritation excites the penis to frequent erections, which are of the most painful nature. The penis is bent downwards; the occasion is, the temporary

agglutinization of some of the cells of the *corpora cavernosa* through inflammation, and the distension of the open ones by the arterial blood, thereby putting the adherent cells on the stretch, and so constituting the curve, and giving rise to the pain. The symptom is frequently a long and very troublesome attendant upon severe clap; it is more annoying, however, than absolutely painful, as it prevents sleep, it being present chiefly at night-time, when the patient is warm in bed.

TREATMENT OF GONORRHœA.—The treatment of this annoying and loathsome affection varies considerably, according to the general habits, age, temperament, and occupation, of the patient, the length of time it has existed, and the severity of the symptoms which attend it. When the discharge is the only prominent symptom, and has only just made its appearance, at the time of the patient's application for treatment, I have often succeeded in removing it in twenty-four to forty-eight hours. Such cases, however, are comparatively rare, as, in most instances, several days are allowed to elapse after the discovery of the disease before the patient applies for medical treatment: or else the inflammatory symptoms prevail to such an extent, that the mode of treatment alluded to above would be injudicious and unsuccessful.

As a general course of treatment, I would recommend the following: As a preparatory step, in most

cases, take a thorough cathartic dose, say salts, mandrake root, or castor-oil. Also, keep the bowels gently open during the whole cure

The next step should be directed towards allaying the local symptoms, by diminishing the nervous irritability of the urethric passage. To accomplish this, let the penis be often bathed in cold or warm water. Take the Diuretic Drops, and if the scalding be very severe inject carefully, just before passing water, the "soothing wash;" drink freely at the same time of flax-seed tea, gum arabic in solution, cleavers infused in cold water, or anything of a cooling and mucilaginous nature.

As soon as the scalding has subsided, the Diuretic Drops may be omitted, and the Vegetable Eradicator employed. This, with other proper treatment, will usually stop the discharge in a very few days. When the discharge has been so far overcome as to be but slightly perceptible, some astringent injection may be employed, as, for instance, pussy-willow or white-oak bark, cranes' bill, or matico. Sulphate of zinc, and acetate of lead, are also oftentimes very beneficial. Nitrate of silver, if properly used, is likewise one of the very best articles that can be used as an injection in many cases. In addition to the above-mentioned internal remedies, I employ with great success beth-root, white pond-lily root, cubeb, digitalis, &c.

When the above remedies have been timely ap-

plied; the troublesome consequences of chordee, swelled and inflamed foreskin, swelled testicle, &c., are usually avoided.

In case, however, the chordee should be somewhat protracted and severe, the part may be bathed with laudanum, or some penetrating oils. Emollient poultices, as flax-seed, bread and milk, &c., will relax the spasm effectually. The penis should not be suffered to hang, but be carried up to the abdomen with a bandage. Great care should be taken with respect to exposure to wet and cold, and as much rest indulged in as possible. A spare regimen should be adopted; not wholly abstaining from animal food, but partaking of it only once in a day, and that moderately. All salted meats, rich dishes, soups, gravies, pickles, and all strong drinks, such as ale, beer, cider, wine, and spirits, are unconditionally prohibited.

In case a swelled testicle should supervene, hot fomentations of hops should be immediately applied. If relief be not obtained in a few hours, six, eight, or ten leeches ought to be at once applied. The medicines which are being taken may be suspended during the inflammation of the testicle, and fifteen or twenty drops of the tincture of iodine may be taken in a little water three times a day.

Above all things it should be remembered that particular care should be observed in respect to cleanliness. The matter discharged should not be

suffered to touch the head of the penis, if it can possibly be avoided, as it is apt to be again absorbed, and the disease continually reproduced. The medicines employed to remove the disease should also be continued a week or so after all appearances are gone, in order to make a sure cure, and remove all anxiety from the mind of a return.

Such is the general course of treatment in clap, which with me has been exceedingly successful. It will of course require to be modified, in some cases, to meet the exigencies which are apt to arise. But, though I would not appear to be over-confident or boastful, yet such has been my success, especially in inveterate chronic cases of long standing, that I feel justified in recommending my method of treatment in every form of venereal disease, as safe, quick, and positively effectual. I am willing to warrant every case I undertake.

GLEET. — This is a term which medical men and patients are accustomed to apply to a discharge from the urethra, which has existed some time, of a whitish color, unattended with pain, and *not infectious* — that is, not capable of producing gonorrhœa. It is exceedingly difficult to cure, in many cases, and for this reason is apt to be allowed to run. But this is wrong, as its long continuance and neglect renders it infectious, and gives rise to ulceration, excrescences, and stricture. In the treatment of this tiresome and troublesome complaint, regard must be had

to what may happen to be the occasion of it. If the membrane of the urethra is entire, internal remedies may and do avail. Injections also are of great utility. In ulceration and stricture, these two causes must be removed, else all efforts are unavailing. As a general thing this complaint is so obstinate and annoying, recurring without "rhyme or reason," when the patient thinks he is almost entirely restored, that I should advise him, during its treatment, to keep in consultation with some honest and experienced medical adviser. Above all, shun the advertising quacks and impostors, whose whole skill and honesty lie in their boastings and false promises.

GONORRHœA IN THE FEMALE.—Having noticed nearly every symptom which usually attends on the gonorrhœa in the male sex, it will only be necessary to observe, that the same heat and soreness in making water, and the same discharge of discolored mucous matter, together with a chafing of the external parts, takes place in females as in males; but, as the parts in women which are the most apt to be affected by the venereal poison are less complex in their nature, and fewer in number, than in men, so, of course, the disease is rarely so violent in the former as in the latter. In fact, it often happens in women that all the symptoms of gonorrhœa are so very slight that they experience no other circumstance than the discharge, except, perhaps, immediately after menstruation, at which period they may perceive some degree

of aggravation of the scalding and other symptoms.

Women, moreover, are apt to be afflicted with a disease called fluor albus, or whites, which it is often difficult to distinguish from the running in the clap, as the matter discharged in both is in many cases of the same color and consistence. An accurate investigation, however, both of the symptoms which are present and those which have preceded the discharge, as likewise the character and mode of life of the person, will generally produce a just conclusion.

The medical treatment of both sexes is constitutionally alike; but the female has to depend more upon local treatment than the male. With the former, I consider injections of the greatest importance. I would also remark that, although gonorrhœa in women is generally less severe than in the male, it is oftentimes more lasting. The reason of this probably is, the extent of the surface diseased is much larger than in the male. Females who are infected with gonorrhœa should also remember that cleanliness, rest, and a temperate diet, are as indispensably necessary for them as for men.

OF SYPHILIS.

SYPHILIS is another and a more violent form of the venereal disease than gonorrhœa. It is divided

into two conditions; *primary*, and *secondary*. Among the first mentioned may be classed the *ulcer*, or *chancre*, which in almost every instance is seated on the parts of generation, and may or may not be followed by a swelling in the glands of the groin, constituting that form of the complaint called *bubo*.

The secondary symptoms may be defined to be all those effects of the disease which take place in consequence of the absorption of the venereal poison into the system; comprising sore throat, cutaneous eruptions and ulcers, pains in the bones and joints, and swellings thereon, called *nodes*. I notice, briefly, the symptoms of *primary* syphilis.

1st, CHANCRE.—This is an ulcer, with a thickened base, little inflammation, and no disposition to heal. It generally appears on the foreskin, glans penis, *frænum*, or upon the common skin of the body of the penis, and in women about the *nymphæ* and *clitoris*, and sometimes up the *vagina*. It usually makes its appearance in a week or two, though it may in some rare cases be delayed for several weeks, if not months. The first symptoms consist in an itching, succeeded by a redness of the part, out of which is soon observed to spring up a small elevation, or pimple.

It may be proper to remark here, that it does not follow that every sore which may appear on the genital parts after impure connection is a syphilitic sore or chancre. Hence, a very important question pre-

sents itself; namely, by what means can we distinguish simple sores from the true venereal ulcer or chancre? This is a question more easily asked than answered. The medical man can always ascertain the virulent nature of a sore by inoculation; but this is an experiment which others should never venture to make. It will therefore be more prudent for such persons, as a general rule, to regard *all* sores on the genital organs, which occur after exposure, as syphilitic, until they can receive judicious medical advice.

The progress of the sore will assist the patient very much in deciding upon its nature. The true venereal ulcer commonly pursues a certain course for some time, and is not much influenced by ordinary applications; hence, if an ulcer be not interfered with by any stimulant or caustic application, and after eight or ten days it shows no disposition to heal, and if at the same time there be an absence of any cause (such as defect in the general health), to account for this obstinate condition of the local disease, we may then pronounce the ulcer to be syphilitic. The medical man of experience, however, has sufficient means at his command to determine the point, without waiting this process.

It is unnecessary to confuse the reader with minute descriptions of the different varieties of chancre. For all practical purposes it will be sufficient to distinguish the five following forms, namely, 1, the indu-

rated chancre; 2, the common chancre; 3, the irritable; 4, the inflammatory; and, 5, the sloughing chancre.

Indurated Chancre. — This is the sore which has been often called the Hunterian chancre, because it was so perfectly described by the great John Hunter. It is supposed to constitute the most regular and perfect type of the venereal ulcer, but is now met with much less frequently than in former years. It is characterized by its circular form, its excavated surface, and its hard, cartilaginous base and margin. The edges of the ulcer are surrounded by a narrow line of inflammation (areola), somewhat similar to that which encircles the small-pox pustule. The bottom of the sore is usually covered with a grayish-yellow colored matter, which adheres *tenaciously* to the abraded surface, and differs evidently from common pus; after some time the secretion becomes altered, and the edges of the sore lose their sharp aspect and become rounded off, the inflammatory areola disappears, small granulations form on the surface of the sore, and it gradually heals, leaving a hardened red mark or cicatrix, which is very apt to break again.

Simple Chancre. — This is the most common form in which the disease appears at the present day. In general features it resembles the indurated chancre, just described, but the base of the sore is free from

hardness, and it is not attended with signs of irritation or inflammation.

In *Irritable Chancre* the surface of the sore is red, and bleeds on the least touch ; it is painful, often of irregular appearance, and has a tendency to spread whenever it is excited by irritating applications.

The *Inflamed Chancre* is nothing more than a simple venereal sore, when it is attacked by inflammation. Here the sore, generally in consequence of excesses on the part of the patient, becomes painful, red, and swollen ; the regular appearance of the sore is lost, the edges are removed by grayish or black sloughs, and the secretions from the part are of a very acrid and irritating character.

Sloughing Chancre generally occurs in persons of broken-down constitution, or who have injured their health by debauchery and excesses of various kinds, the indulgence in the use of spirituous liquors while under treatment, &c. It is the most formidable kind of chancre, is very painful, and encircled with a dark purple areola, and, unless the utmost attention be paid, the process of mortification goes on until the unfortunate sufferer loses the greater part of the sexual organ.

TREATMENT. — In the first place, I remark, that cleanliness, moderation in respect to diet, and quietude and rest, are essential adjuncts in the treatment of primary syphilis throughout.

In most of cases, immediately on the appearance

of a chancre, I apply a caustic wash to destroy the poison. I then sprinkle on a powder of marsh-rosemary root, sometimes of blood-root, and use a wash made of pussy-willow bark, and sometimes of the sulphate of copper, aromatic wine, and occasionally the common black wash. Internally, I administer my "Blood Purifier," "Alterative Drops," or "Compound Sarsaparilla Pills."

Under this treatment common chancre will usually heal in a few days. The other forms of chancre require somewhat different treatment, according to their nature. If the sore be of an *inflammatory* character, we must not think of applying caustic, or any exciting remedies; the organ must be kept wet with some soothing application, as Goulard-water, poppy-water, &c. The patient should keep as much at rest as possible, live low, and keep the bowels open. For *irritable* chancre, the best local dressing is a strong aqueous solution of opium. In the *sloughing* ulcer, I also carefully abstain from all active remedies, and make use of poultices of linseed meal, slippery-elm, &c., or some soothing wash.

BUBO. — When the venereal matter is collected or secreted in the inguinal gland, the groin becomes indurated, swollen, and inflamed, producing what is called a *bubo*. It first comes on with severe pain, in the groin, and hardness and swelling, which, continuing to increase, becomes at length as large as an egg, throbs, reddens, and occasions much diffi-

culty in walking. In some cases the suppuration is quickly completed; in others it is very slow; and in others, again, it goes off without any formation of pus.

TREATMENT. — The first object to be attempted, especially in the earlier stages of bubo, is to discuss or to disperse it; to effect which, apply a piece of my "Discutient Ointment" about as large as a walnut three or four times a day, rubbing it in thoroughly. This treatment will usually remove it in a few days, if suppuration has not proceeded too far before it is commenced. If it fail, and the patient perceives that the swelling and inflammation are gradually increasing, suppuration must be promoted by the application of emollient poultices. When the bubo has become sufficiently soft to denote that suppuration is well advanced, it may be lanced, unless it should open spontaneously. After it has discharged freely, the poultices may be omitted.

I would observe, in conclusion, that in no form of syphilis is rest more essential than in bubo. The patient is apt to plead the necessity of following his business, and assert that he cannot possibly remain at home. My reply to such invariably is, "That is *your* affair, not mine; I tell you what is necessary, and must be done, if you would avoid three fourths of the suffering consequent upon your disease; it remains with you to follow my advice, or not, just as you please."

SECONDARY SYMPTOMS.

SECONDARY symptoms are those changes which occur in consequence of the admission of the venereal poison into the system, or common circulation at large. They usually make their appearance from the sixth to the sixteenth week, but are not unfrequently protracted beyond that period; they are commonly ushered in with fever — a general feeling of illness, headache, pains in various parts of the body, restlessness, lassitude, &c. Soon eruptions, ulcerations, and disfigurements of the skin, take place; also ulcerations of the mucous membranes of the mouth, throat, and nose, together with pains in the joints, swelling of the bones and their coverings, and inflammation of the various fibrous textures of the body.

There is one form of cutaneous disfigurement, entitled syphilitic exanthema, in which the skin is discolored by coppery-red bluses, that disappear under pressure of the finger. There are, also, deep and painful fissures and excrescences, called *vegetations*, from their resemblance to raspberries, strawberries, cauliflowers, and leeks, observed in syphilis, and most commonly they are to be found about the lips, nose, eyebrows, chin, and especially the genitals.

It may not be unimportant to know that syphilitic eruptions are contagious by inoculation, and secondary symptoms may be transmitted from one

individual to another. Cases have come under my notice where the disease was evidently conveyed from the husband to the wife by the male semen being absorbed by her after intercourse with her husband. Too much care, therefore, cannot be exercised by any husband who is afflicted with secondary symptoms.

TREATMENT.—The treatment of this form of the venereal disease varies so much according to the severity and location of the attack, that I cannot descend to particulars without occupying more space than the limits of this work will admit. The "Blood Purifier," and "Alterative Drops," should be used internally in all or nearly all cases. A vapor or warm bath should be taken two or three times a week. In affections of the mouth, throat, &c., styp- tic lotions must be applied. When the pain and inflammation of the bones and joints are severe, leeches, warm fomentations, or cold evaporating lotions of vinegar and water, with a little acetate of lead, must be resorted to. The warm bath should never be neglected. When eruptions on the skin occur, they should be sponged with the *Herpetic Wash*. It were better, however, in nearly all cases, to have good medical advice, if it can be obtained. I would also again remind the patient of the necessity, in this disease, of rest, abstemiousness, moderately low diet, &c.; and I would furthermore urge upon him again the importance of continuing the

medicines for some time after the disappearance of the symptoms. Many a relapse of gonorrhœa and secondary symptoms has occurred through the sudden abandonment of the means adopted for their cure.

The general treatment of the various forms of the venereal disease, which I have presented briefly in the foregoing remarks, I do not hesitate to affirm, from my own personal experience, to be of incalculable benefit. I have never failed of curing every case which has been committed to my sole direction and management, throughout a large and extensive practice.

I would observe, in closing, that all communications from patients on this subject, who cannot make it convenient to call on me personally, will be answered as plainly and promptly as possible; and, when desired, the proper medicines and directions will be forwarded to any place in the United States, concealed and packed in the most careful manner.

SYPHILITIC SORE THROAT.

THE period that elapses between the appearance of the primary and the secondary symptoms has already been stated to vary from six weeks to several months; and some medical writers assert that, if months may elapse, upon the same principle years

may; and, therefore, the patient who has once been afflicted with the primary form of the disease is never exempt from the liability of the secondary; at least, not until he has undergone a thorough anti-syphilitic course of treatment. That syphilis and diseases resembling it do occur at every period of life, is a fact of almost daily observation; and it is a matter of less moment to know whether the invalid has ever had chancre or bubo than is generally supposed, for the treatment of every form of syphilis, and complaints putting on like appearances, should be conducted on similar principles. A medicine which indisputably possesses anti-venereal properties will be found equally beneficial in cases of ordinary sore throats, ordinary ulceration, and cutaneous disfigurement. The presence of any of the above-named diseases indicates a habit predisposed to their occurrence; and that susceptibility may be induced by a variety of causes, the most prominent of which are those that debilitate the constitution, such as syphilis itself, or the remedies exhibited for its extermination (mercury, for instance), cold, fever, intemperate or impoverished diet — all of which more or less abstract from, or derange the distribution of, the nervous energy. As in the cure of these diseases their removal depends upon an entire alteration of the system, upon that principle alone should any remedy be administered, not upon its supposed specific neutralizing or annihilating anti-syphilitic power.

All this, of course, is a question of experience and as I desire this work should convey the result of mine, I do not hesitate to express my conviction that secondary symptoms do occasionally present themselves years after a primary affection; but at the same time I admit their general occurrence to be within three months; and, with regard to diseases resembling the above, they are entirely independent of such influences, and are the result of circumstances from which no man is free. Of syphilitic ulcerations of the throat, which are rarely solitary symptoms of the disease, being usually accompaniments to cuticular eruptions or rheumatic pains, there are several forms. They are ushered in by feverishness, languor, and a peculiar contour of the countenance, particularly expressive of anxiety and debility. Of the first form of ulcerated throat, and which is, perhaps, the least frequent, is an excavation of the tonsil, with a tumid and red margin, accompanied by a stiffness and uneasiness in swallowing. A more common form, and which, from its occasioning little or no inconvenience, is seldom discovered by the patient until it degenerates into a worse state, is that where the ulceration is more superficial, resembling fissures rather than ulcers, and being situated at the back part and edges of the tonsils, and low down the throat. From the absence of pain and difficulty in swallowing, the medical man is usually the first to detect it when, on opening the mouth, the throat —

that is, the hinder part of the fauces — will be discovered red and somewhat swollen ; and on pressing down the tongue with a spoon or spatula, the ulceration will be apparent.

The last form — the phagedenic or corroding ulcer — is the most formidable, both in symptoms and effects. It is characterized by fever, and great pain and difficulty in swallowing, from the beginning ; all denoting acute inflammation of the throat. The first appearance of ulceration is on the soft palate, where a small aphthous spot is discovered, surrounded by a deep erysipelatous redness, that proceeds rapidly to involve the neighboring parts, which soon assume the appearance of one extensive slough. The latter disease requires prompt and active treatment, else the bones of the palate and nose become implicated, exfoliate, and occasion a permanent deformity.

The process of cure in these cases must be regulated by circumstances. An active purgative should be taken. The Blood Purifier and Alterative Drops should be used perseveringly and constantly. Warm or vapor baths will be found exceedingly useful. Local applications, such as gargles, styptics, &c., are indispensable. For a mild sore throat the following is an excellent gargle :

Honey of borax, one ounce ; emulsion of bitter almonds, five ounces. Mix.

Gargle several times a day.

The following is a stronger gargle :

Elixir vitriol, half an ounce; tincture of myrrh, one ounce; simple syrup, four and a half ounces. Mix.

In some cases the throat requires to be cauterized. A strong decoction of white-oak bark makes a good gargle. Sweeten it with honey. Sumach-berries and crane's bill make one of the best of gargles in a syphilitic sore throat.

All the symptoms enumerated in this article frequently transpire from the imprudent or too free use of mercury, and every year's experience only serves to confirm me more strongly in the opinion that it is an unsafe medicine to administer, and ought not to be given in any form of syphilis. I have never found any difficulty in curing the worst cases of this disease with vegetable remedies alone.

ADVICE TO INVALIDS.

HAVING now fully considered every form of syphilitic disease compatible with the design of this work, a few hints relative to the after-management of the patient, when relieved from his complaint, to guard against a relapse, and to secure an entire restoration to sound health, may not detract from its utility. There are many patients who, on the disappearance of the more prominent symptoms of their complaint, lose no opportunity of rejoicing in their supposed

recovery, and innocently commit sundry inapparent irregularities, that throw them back to their former state of suffering, which a little prudence and attention might have prevented. The more severe the disease has been, the slower, generally, is the recovery, and also less permanent in its result. The mere subsidence of pain, the healing of a wound, the disappearance of a cuticular eruption, or the suppression of a morbid secretion, are not in themselves sufficient indications of substantial recovery. The various physical and mental functions which, during illness, are always more or less involved, have yet to regain their tone. The digestive powers of the stomach are easily deranged, and require watchful management to secure the vantage gained. Equal care is essential, lest the intellectual organs be too prematurely called into active employment. Convalescence is often protracted to an almost indefinite period, frequently from the most trifling errors in diet. The stomach of a person reduced to a low state of debility through a severe inflammatory disorder remains for a long time exceedingly sensitive, and fails not to evince displeasure when oppressed with indigestible, or too great a quantity of food. No cause predisposes the patient to a relapse, or retards his recovery, so much as inattention to diet. It is a popular error to suppose that weakness consequent upon severe illness is only to be removed by rich and substantial food and wines, or other stimu-

lating drinks. Such indiscretion often rekindles the disease, or predisposes the system to the supervention of some other complaint. The change from the sick-room to the parlor diet should be gradual and progressive. The milk and farinaceous meal may be varied by degrees to the milder forms and preparations of animal food. Solids should be given at first in small quantities; the diet should be rigidly adhered to, and in the change from low to full diet the intermediate one should not be skipped over.

With regard to medicines, in no form of disease is it so important, as in venereal affections, that they should be continued for some time after the disappearance of symptoms. Many a relapse of gonorrhœa and secondary symptoms have occurred through the sudden abandonment of the means adopted for their cure.

Exercise forms another important part of management in convalescence; it should not be suddenly resumed, nor should fatigue by any means be incurred. Early retiring to bed, and early rising in the morning, tend considerably to promote and preserve health. Warm clothing is very essential and necessary for invalids.

The general signs of amendment are as follows: A reduced frequency of pulse, which is always accelerated in acute diseases, the absence of thirst, a clean tongue, a moist skin, a good appetite, and refreshing sleep; and, lastly, all these are corroborated

by an improvement in the looks. The improved aspect of the countenance has always been regarded as a sure criterion of returning health.

STRICTURE OF THE URETHRA.

THIS is one of the most formidable diseases of the genito-urinary system. Not that it is the most difficult to cure, but it involves, when neglected, more serious disturbances—disturbances which compromise only with loss of life. Stricture is a disease of quite extensive prevalence. Though it occasionally arises, particularly in old men, from a life of hard labor, lifting, and straining, yet in nine cases out of ten it is the consequence of gonorrhœa, or masturbation. It is usually slow in its progress, and oftentimes is considerably advanced before the patient is aware of its existence. He at length begins to find that the process of urinating engages more time than formerly, the urine flows in a smaller stream, and requires to be voided more frequently than usual. Sometimes the stream comes in a spiral form, and then suddenly splits into two or more streams, while at the same time, unless great care be exercised, the urine drops over the person or clothes. These are among the earlier symptoms of the complaint. As the disease advances, the symptoms increase in number and severity, until a complete

stoppage of the water takes place, and the most acute sufferings close the scene.

TREATMENT. — A poultice of onions, made by bruising and warming the onions, and placed over the seat of the stricture, will often afford great relief, especially if it be only a spasmodic stricture. The warm bath, rest, and temperance in eating and drinking, are also essential to success in effecting a cure. The Diuretic Drops may be taken with advantage in many cases, and oftentimes the Blood Purifier. When the stricture is permanent, I place great confidence in the practice of *dilatation*. A suitable-sized bougie should be procured, and after being well oiled should be carefully introduced, and allowed to remain for twenty or thirty minutes. This operation should be repeated every day or two, and as the stricture dilates a larger-sized instrument may be employed.

As a general thing, it would be better and safer for the patient to consult some experienced medical man, before undertaking to do anything towards effecting a cure. And as a cure is usually considerably slow in its progress, I would remind him of the importance of exercising the virtue of patience.

MASTURBATION.

Of all the dangerous gratifications that strew the path from youth to manhood, none are so mischievous

as the indulgence of self-pollution. Unfortunately, why the habit is so prevalent, is because the evil consequences are not known, and consequently not anticipated. It is folly to mince the matter — it is indulged in to an alarming extent. How very few persons, indeed, can deny the imputation of having at one time given way to it! The student or divine is not exempt, nor are those whose exemplary and moral conduct might refute such a charge, if suspicion were the only accuser. The disease, for such it is, is not confined merely to our own sex; the number of young women who require medical aid in consequence of it, I regret to say, is large; though I confess I am a sceptic in the frequently-expressed opinion, that it prevails to anything like a similar extent among them that it does among males.

The pernicious and devastating consequences of indulgence in the habit under consideration are too numerous to be mentioned. Suffice it to say, that it demoralizes the mind; it is a misappropriation of the purposes for which we were destined; it impedes the growth not only of the body generally, but of individual and important organs. It checks the development, and deranges the structure of the testicles and penis; it causes involuntary emission of the semen in the sleep, and dreaming; it creates stricture of the urethra; it produces premature debility; it gives pains in the loins; it establishes a general weakness, and induces even consumption. The men-

tal faculties escape not. The mind becomes fatuitous — the very senses imperfect in their action; and the whole economy of nature becomes perverted.

Dr. S. B. Woodward, Superintendent of the State Lunatic Hospital at Worcester, from its commencement to 1846, a period of thirteen years, or thereabouts, says, in one of his reports: "For the last four years, it has been my lot to witness, examine, and mark the progress of from ten to twenty-five cases daily, who have been the victims of this debasing habit; and I aver that no cause whatever, which operates on the human system, prostrates all its energies, *mental, moral, and physical*, to an equal extent. I have seen more cases of idiocy from this cause alone than from all the other causes of insanity. If insanity and idiocy do not result, other diseases, irremediable and hopeless, follow in its train; or such a degree of imbecility marks its ravages upon body and mind as to destroy the happiness of life, and make existence itself wretched and miserable in the extreme."

Parents should endeavor to warn their children very early in life against this habit; for it is often commenced as early as ten or twelve years of age. And the practice, when once indulged, is difficult to abandon; it grows with our growth, and becomes confirmed at the expense of our strength. The patient is unconscious, perhaps for years, of any change; no one part of the body feels weakened more than

the other; nor does any one faculty of the mind manifest less strength than another; but there gradually comes over him a creeping languor, a feeling of lassitude, a depression of spirits; this feeling at length increases so as to attract the attention of the patient and his friends. He and they are sensible that he is not what he formerly was; his face becomes pallid, the circle around the eyes depressed and darkened, a thinness is visible in his looks; his hands are generally cold and clammy; he cannot bear the cold as he was wont to. His memory becomes imperfect; his vision is not so clear, nor his sight so strong, as in times gone by; morbid sensations annoy him, and strange feelings harass him. In view, therefore, of all these evil results, as well as many other and equally serious ones which might be mentioned, I would earnestly beseech every young man and young woman, who may chance to read this article, if he or she have ever indulged in the practice, to abandon it at once and forever. And if you need any medical aid or advice, let no false modesty prevent your applying at once to some experienced and skilful physician, and laying your case fully before him. If you do not, you will regret it to the last moment of your earthly pilgrimage.

With regard to the treatment of this disease, it is impossible to designate it here, as it requires to be varied according to the temperament, age, and occupation of the patient, and the symptoms and duration

of the complaint. Scarcely any two patients can be treated precisely alike. As a general thing, particular attention must be paid to the food taken, to the sleeping-room, exercise, &c. The medical and therapeutic treatment will consist of the "Invigorating Elixir, or Perfect Tonic," cold bathing, refrigerating and stimulating lotions to the spine, loins, and pelvic organs, galvanism, the use of the spermatorrhœa ring, &c. (See page 214.) It is necessary, however,—more so in this disease than in many others,—that patients who wish to avail themselves of my aid should apply to me personally, if possible, or by letter. I can then obtain all the information I require, and adapt the treatment accordingly. When this is done, the patient will derive the benefit he seeks.

In concluding this article, I would respectfully caution the afflicted patient to beware of all advertised remedies, under the names of Cordials, Panaceas, &c. &c. They are useless, and worse than useless. It is not in the power of man to prepare a general medicine which will cure this afflictive disease. Those who pretend to do it, for the sake of filthy lucre, tamper with the hopes and health of their fellow-beings. Shun them, young man, or young woman, as you would any known base deceiver. Apply at once to a medical man on whom you can depend, if you would obtain that relief which you so ardently desire.

DISEASES OF THE URINE.

As preliminary to a few remarks on diseases of the urine, it is necessary, for a full understanding of the subject, to state that the urine is secreted by two bodies, called *kidneys*, placed one on each side of the back-bone. After being formed, the urine passes through the *ureters* into the bladder, whence it is voided, as every one knows, occasionally.

It is a very common observation with patients, that they never were in better health in their lives than at the moment of consulting their medical adviser, except in the very particular malady—such as an ulcered limb, a teasing cough, a gleety discharge, or an irritable bladder—that they are seeking relief for; they “are quite well,” they say, “in every other respect.”

When illness attacks an individual, it does not always announce its arrival by sound of trumpet. It does not always come on like an apoplectic shock. Some minor organization is generally the first to indicate disturbance in the healthy economy by even so simple a presage (I will take, for example, more especially as the ensuing remarks bear upon the subject) as excretion of disordered urine. To resume: the patient will content himself that the only fault in his system is the disordered condition of his urine, and he earnestly seeks for something to touch that

particular symptom, forgetting that, trifling as he may fancy it, it is not merely owing to the office of the kidneys and the bladder, but to the blood itself, whence the urine is formed, and to other circumstances in the economy that influence it. Therefore, it is not merely the urine that is at fault, but the state of it is a pretty good indication of the general state of the health ; and when it becomes vitiated, the urine is generally, unless restored to a healthy condition, a forerunner of some more serious evil. Still there are many variations in the character and quality of the urine, and each depending upon different causes ; some upon a disordered state of the fluids of the body ; some upon one remote cause or another deranging the balance of the circulation, and inducing excessive perspiration, and the like ; and, certainly not the least important, nor the least influential, exist in the very structures that make (as it were) and receive the urine, namely, the kidneys and bladder. We may observe here that chemists have detected upwards of twenty different substances, animal and saline, in its composition, but in a state of complete solution. Of all these component parts, the most important is an animal product, named *urea*, which exists in about the proportion of one in thirty to the water containing it ; while the other materials, taken collectively, water excepted, yield only about double the quantity of the urea ; hence,

when the urine is disordered, its specific gravity* is increased or diminished, as the case may be; according to the abundance of the urea and the various proportions of the saline ingredients of the urine, so is the urine thick, thin, acid, or alkaline, pale, or what is called high-colored. The various conditions of the urine are ascertained by producing chemically certain decompositions, or by suffering the urine to effect its own changes, which, on being allowed to "stand," sooner or later it will.

Healthy urine is perfectly transparent, and of a light amber color; it yields an odor when warm resembling violets. Its taste (for pathologists trust not only to sight and smell) is saltish and offensive.

* The specific gravity of the urine materially depends upon those causes which act diuretically, and upon the quantity of fluids swallowed, which, if taken in excess, of course increases the watery portion of the urine, and vice versa. The density of the urine is ascertained by an instrument called a "Hydrometer," which, upon being immersed in the urine, indicates its specific gravity. The usual specific gravity of healthy human urine varies from 1.010 to 1.015; while the temperature ranges from 75 degrees of Fahrenheit to 120. The quantity averages from two to three pints per diem, but depends not only upon the quantity of fluids consumed, but also upon the nature of the food, vegetables generating more urine than animal substances. In infancy and old age, the temperature of the urine is below this standard, but nearly equivalent to each other; whereas it is only at the period of puberty that the temperature noted exists.

As the urine cools, it throws up what may be said to be a "urinous smell." As decomposition proceeds, the urine becomes cloudy, thick, with shining, floating patches on the surface; and, lastly, a thick deposit coats the bottom and sides of the vessel, the whole giving forth at the same time a fetid, ammoniacal exhalation, as is perceived on entering public urinals. The rapidity with which these several mutations occur affords some criterion of the healthy or disordered state of the excretion we are talking about; and hence the usefulness of examining especially the urine of persons laboring under any disorder of the urinary system, and functions connected therewith. A patient will complain, for instance, of irritable bladder. The symptoms of that complaint, as far as pain and frequent desire to micturate exist, very closely resemble the disease known by the name of "*Diabetes*," but which is distinguished from the bladder affection in question by the quantity and character of the urine. I purpose herein to enumerate, in as familiar manner as possible, the various disordered states of the urine which my experience has rendered me familiar with.

Now, the urinary disorders which I purpose to describe and exemplify may be thus enumerated:

First: where too great a quantity of urine is voided.

Secondly: where too little is discharged; and also where suppression of it entirely occurs.

Thirdly: those states where the urine deposits a sediment, of which two kinds are mostly prevalent, namely, the Lithates, or Acid, and the Earthy, or Alkaline.

Fourthly: a brief exposition of the many but less frequent morbid changes of the urine, in which certain salts and substances, not existing in healthy urine, are precipitated or held in solution. And

Lastly: to add a few to the number of those already presented herein of the infirmities of those organs which excrete the fluid under consideration, namely, the kidneys and bladder.

ON INCONTINENCE OF URINE.

ALTHOUGH this is not the professional term for the disease I am principally about to speak of, yet under this head will the reader, if he be an invalid laboring under a complaint of this character, seek for a description of his own case. Incontinence of urine implies a loss of the retentive faculty of the bladder; but there is a species of disease where micturition is carried to such an extent that a patient will attribute his leaky condition to the above cause. Not so, however, is the case; the urine, in the disease alluded to, is generated or excreted in great quantity, and the bladder merely fulfils its ordinary duty. Of the affection known under the title of incontinence of

urine, most persons are aware that it is one of more frequent occurrence in infancy than in adolescence; but the latter is by no means exempt. In childhood, it arises, in all probability, from drinking too much, and the bladder becomes, during sleep, overloaded, and runs over; or, perhaps, from the irritability induced by its distension, becomes excited to action, and so empties itself, the drowsy state of the child rendering it insensible to the passing circumstances.

The infirmity soon becomes a habit, which is often rendered worse by the means taken to check it, namely, chastisement, which is highly reprehensible. It is fortunately, however, a disease that wears itself out as the child grows up; and it may at all times be materially mitigated by a little care and attention, such as inducing the child to micturate before going to bed, and even awaking it before the anticipated time when it usually is attacked with the incontinence. The last fluid meal, which should be a spare one, should be taken some hours before retiring to rest; and if the complaint has gained much ascendancy, medicines which give tone to the bladder should be taken. I have known the malady successfully removed, in a very short time, by a combination of the sulphate of iron and quinine, and any sedative extract, such as henbane or hops, given in small doses in the form of pills. Female children are more susceptible of the annoyance than males, probably owing to the shortness of the urethra. Every

measure tending to give strength to the child should be used, such as cold bathing, fresh air, or a change of the same, especially if residing in the city, to the country. Mechanical contrivances are to be had to collect the escape of urine, whereby the offensive odor arising from the continually soiled bed-linen may be avoided, and oftentimes the fretting consequences of the urine passing over the person, which induces excoriations and troublesome sores. There are contrivances for both sexes. Where the disease prevails in mid-life, it is generally traceable to early improvident habits, and of course is the result of irritability and debility of the bladder. There are many patients who can somewhat control the functions of that organ while awake, but have no power over it when asleep.

The treatment depends a great deal upon the observance of abstemiousness both in eating and drinking; a perseverance in tonic remedies; the use of the warm bath, whereby the skin is brought into a healthier action (for it is generally arid and parched when much urine is voided), which tends to lessen the duty of the kidneys and urinary system, should be adopted; nor should exercise, that *pabulum vitae* of even all feeble persons, be disregarded. It is of the utmost importance for the preservation of health under all the circumstances in which we may be placed.

Escaping from this digression, I now proceed to

follow out the idea of the first paragraph of this chapter, to treat of those complaints wherein the urine is voided in excess.

There is a disease commonly known by the name of *Diabetes*, wherein the prominent symptom is a continual aptitude to pass urine, and in much greater quantities than the fluid consumed as ordinary drink could supply. This is one form of ailment of this class; but there is another, happily less inimical to life, and which, in the order of its frequency and simplicity, should take precedence. It is that state of health where the patient is of that leaky habit that whatever he takes runs through him, and that very quickly, too. Of course, such a condition must depend upon a seriously-deranged constitution; hence there is present a perpetual thirst, an entire perversion of the perspiratory function, and morbid condition of many of the phenomena of life. Where this disease springs up in early years, it becomes a habit proper to existence; and, although it may not seriously disturb the economy of being, so as to lessen the duration of one's stay here, yet it furnishes a source of much solicitude, by depriving the patient of rest, and shutting him out from society.

There is almost a perpetual fever attendant upon this complaint. Such is the desire for drink that attested cases record the circumstance of individuals consuming from *one* to *two pailsful* of water in twenty-four hours. The urine on these occasions is

aqueous, very pale, of little specific gravity; the properties of the urine otherwise are not altered. These cases sometimes exist through life; and if they do not terminate fatally, they ultimately enfeeble the health, and predispose the patient to, or, in other words, render him less able to combat with ordinary complaints common to us all, and thereby tend to the break-up of his constitution.

There are many persons tipplers, not for the love of the specific liquor, but from being always thirsty; and, if we reflect a little, we shall soon find how inclined we are to encourage the habit. Since the introduction of tea into this country, what inordinate quantities of that fluid are consumed by some individuals! They must, of course, dispose of it, after having drank it; the stomach cannot retain it, and it escapes either by the skin or kidneys, more usually the latter. It is no unusual thing for nurses, washer-women, and other females, too, to swallow half a dozen or more cups of tea at a sitting. They declare it is their best meal. Similar remarks will apply, to nearly an equal extent, to beer, ale, &c. Enormous quantities of root and spruce beer (so called) are swallowed by the laboring classes in warm weather, to say nothing of mineral water, and other manufactured deleterious liquids,—that is, deleterious to those who consume them, but profitable to the manufacturer, and to the medical fraternity, on account of the kidney and other diseases which they cause.

Man is a great deal more careful of the quadruped world, than the class he belongs to himself. He will stint his horse's drink, who works as much beyond his strength as man does under his own ; while he, the driver, will swill till his mouth can scarcely receive another drop. The moral of a volume might undoubtedly be expressed in a very few words ; but then it would not be a volume, and, consequently, would not be purchased or read ; therefore the proposition herein intended to be presented to the reader would exist unheeded. It is one thing to observe that we all drink too much, or that too much fluids are hurtful to digestion and other functions ; the public require some illustration (which their own reflection would furnish, if they used it), and hence this expense of verbosity to prove the fact. As one of the consequences, then, of too great an indulgence (I am here speaking of quantity rather than quality), this form of complaint, wherein the patient is perpetually desiring to urinate, is decidedly the result ; and as all complaints have a beginning, this may be considered as the first step toward setting up the several affections of the kidneys and bladder hereafter treated upon. How important, then, is the arrest of this practice ! Where the inconvenience thus detailed is present, the quantity of fluids must by degrees be diminished, the general state of health must be studied. Dieting and warm bathing are two sheet-anchors, if properly applied. All remedies tending

to afford strength to the urinary system must be had recourse to. To answer this purpose, I know of no preparation superior to my "Strengthening Elixir."

The next form of urinary disturbance, of a proximate nature to the one just described, is also where the urine is discharged in large quantities ; but, unlike the former, excreted in greater abundance than the supply. The character of the fluid is also different ; it assumes two appearances,—modifications doubtless owing to the constitution of the patient, and the severity and length of the disease. It is known by the name of DIABETES. It is happily a complaint the least frequent of urinary derangements, else, from its obstinacy and difficult management, the slightest urinary disorder would excite much just dread and apprehension.

The forms of the complaint thus vary : In the one instance, there is a deficiency of the animal matter of the urine, namely, the urea ; and in the other, a superabundance of it. In the former instance the urine is of a pale color, and transparent, and sometimes like clear water, with a very faint, slight odor ; whereas in the latter it is generally of a higher color, and now and then so thick as to resemble brewer's porter. It is decidedly a disease of great debility. The symptoms are, a wearisomeness and languor of the whole frame, a dry and crimped state of the skin, a sinking, gnawing pain at the pit of the stom-

ach, the bowels are obstinately bound, while a great thirst always prevails. The body wastes to a mere skeleton, the discharge of urine being almost constant, at least every hour, accompanied with a call that must be immediately obeyed. The leading feature in the composition of the urine, in addition to the varied presence of the urea, is the saccharine matter contained therein. It rarely attacks others than those who have led an irregular life, or else have suffered much from other kinds of sickness.

Diabetes is supposed to depend upon a perverted action of the kidneys; but there is little dispute of its being a malady involving the whole process of animal economization. The quantity of urine got rid of in a day has been known to amount to ten quarts; and there are some cases on record, very well authenticated, where the discharge was even double this amount. As the disease continues, the patient becomes much emaciated, the feet swell, and he sinks into a state of low hectic fever; the urine discharged, continuing all this time to exceed nearly double the amount of nourishment, liquid or solid, that is taken, has given rise to the idea that water is absorbed from the atmosphere through the body. The disorder is generally lingering, and, unless conquered, at last fatal.

TREATMENT. — There is nothing of more importance, in the treatment of Diabetes, than a properly regulated *diet*; and there is no other disease in

which this is less under the control of the medical attendant, or of the friends of the patient; for the latter, constantly urged by the most insatiable appetite, seeks every opportunity of gratifying it, in spite of the repeated remonstrances of his friends. The diet should be confined as much as possible to animal food, which has an astonishing effect in mitigating the disease; but, unfortunately, few patients have sufficient control to allow them to continue this diet alone. The craving for bread, or other vegetable substances, and the disgust to animal food, becomes at last so great, that sickness at the stomach and purging have been known to result from it. The diet should consist of three meals of animal food per day, with as small a proportion of bread, or some other vegetable substance, as possible; and the quantity should be suited to the power of the digestive organs. The best kinds of animal food are plain roast or boiled beef and mutton, beef steaks, and mutton chops. One case, which had resisted every other mode of treatment, was finally conducted to a successful issue by Dr. W. L. Lay, of Branford, Ct., by confining the patient to a diet consisting simply of boiled beef-steak, well cooked, and thoroughly chewed or masticated, without bread or vegetables of any kind. This was taken three times a day, in small quantities, with very little drink. The most suitable drinks are water which has been boiled, and lime-water, taken in moderate quantities; for unless

the patient have resolution to curb the inordinate desire to eat and drink which always attends this disease, he need not expect to derive much benefit from medical treatment.

Various remedies have been repeatedly tried, but it appears doubtful whether or not any of them have ever had the effect of doing more than palliate or suspend the disease for a time, unless in cases where the strictest attention to regimen and diet has been steadily persevered in, not only during the existence of the disorder, but long after all its symptoms had entirely disappeared. We treated one case very successfully as follows: A tea-spoonful of the Strengthening Elixir was given about half an hour before eating, and about one third of a tea-spoonful of cayenne after eating. The bowels were kept open with rhubarb and aloes, equal parts of each, made into pills, and the following decoction was used through the day: Beth root, black cohush, crane's bill, wild-cherry and hemlock bark, equal parts, powdered, and well mixed. To a table-spoonful of this powder was added a pint of boiling water, — drank cold through the day. The vapor bath was used occasionally, and no doubt proved immensely useful. Bathing, either vapor or warm, in this complaint, is very beneficial; and, among the cases that have travelled across my path (for patients laboring under diabetes, like any other chronic ailment, generally take the round of the profession), I have seen

much and great good achieved by the frequent employment of the bath.

As diabetes is mostly a sequence of some previous disturbance of the urinary system, it behoves the afflicted to heed the first noticible summons of attack ; a handful of water will sometimes quench a mouldering ember, that, suffered to rise into a flame, an engine-full cannot extinguish. I may add, there is no cause so destructive to virility as these drainages from the system through the urethra — an additional reason why they should be attended to upon their first appearance.

SUPPRESSION OF THE URINE.

THE most popular scientific synonyms for complaints are but little understood by men really of education ; for, as yet, medical knowledge forms not one of the items of academical or collegiate lore, and few anticipate sickness to render such acumen necessary. The term "strangury," from the frequency of its occurrence, is uppermost in most men's minds ; and they use it on all occasions when there happens an interruption to the process of making water. It is oftentimes misapplied. Strangury implies a difficulty in voiding the urine, and will be treated of in the next chapter ; but suppression of the urine is a

more grave and severe disease than retention or strangury, and includes those cases wherein little is voided, because there is little to void. I have stated that the urine is subject to a multitude of changes, that the human frame is constituted to exist under a variety of circumstances, and that occurrences are daily happening wherein its integrity is put to the test. Excesses, termed sensual, and others, which in themselves might destroy life, are counterbalanced by what may be styled the *safety-valves* of the system. A violent fit of purging, perspiration, or micturition, is often the means of warding off an otherwise fatal blow. The skin, the bowels, and the kidneys, are severally to be acted upon as emergencies demand; instance the specific operations of diet and medicines. The color of the urine is altered by (to give a popular illustration) *rhubarb*; its odor, by *turpentine* (taken internally, or by inhaling its vapor), and by the well-known vegetable, *asparagus*; and its composition, by alkaline and other chemicals. The function of cutaneous exhalation is augmented or diminished by warmth or cold; and the action of the bowels is suspended or increased by innumerable substances, forming portions of our daily food.

Analogous to these effects is the result of certain conditions of ill-health. A patient, laboring under fever or inflammation of any important organ, will scarcely rid himself of a wine-glass full of blood-

colored urine in the twenty-four hours; and there are many forms of ailments, where the function of separating the urine from the blood, or even the function of supplying the kidneys with that vital fluid, are suspended, partially or entirely. Few of us have escaped attacks of this kind; they are sure to follow long-pursued habits of dissipation, or even occasional displays of it; and they are often the result of accidents over which we have but little control. A patient will complain of a frequent desire to make water; each effort so to do will be accompanied with excruciating pain. A small quantity, or a few drops only, will dribble away, exoriating the passage as though vinegar was passing over it, and putting on an appearance almost resembling muddy port wine, or a thick solution or suspension of brick-dust: there will be present much fever and constitutional disturbance. The patient may have shivering fits, pain round the loins, down the thighs, and over the lower part of the abdomen. He will betray a readiness to submit to anything, although conscious that his bladder is empty, notwithstanding the violent and urgent efforts at straining which he is continually being called upon to make, as though his bladder were distended, and ready to burst. On passing the catheter not a drop will flow, and the danger of the disease is thereby made apparent. Except very severe measures be adopted, which it would be useless here to lay down, the case is sure to terminate

fatally. Instances are recorded where that event has been retarded upwards of a week, during which time the patient voided not one drop of urine.

The absolute cause of this disease is very obscure; but it has a beginning, and to those only who suffer from a long-continued diminution in this natural secretion, and who disregard it, is this picture presented.

TREATMENT. — The treatment, in advanced stages of this disease, must be committed entirely to professional hands; in the earlier stage, when we are first warned of the altered character of this customary evacuation, the treatment will be very similar to that laid down in the next chapter for strangury. The vapor bath should be used, and infusions of spearmint, cleavers, queen of the meadow, etc., drank freely. Where the pain is very great, the patient should be kept under the influence of some opiate. Hot fomentations of hops should also be kept constantly upon the bowels.

Suppression of urine is very different from retention. In the former, there is none to excrete; in the latter, its escape is impeded. In the next chapter the cause and manner of retention is explained, and the mode of relief laid down, whereby the invalid himself has a remedy at hand; but, in suppression, the resource is neither so ready nor so effectual. It is, therefore, much wiser to notice the

first alteration, and to be prompt in seeking the nearest aid.

RETENTION OF URINE.

RETENTION of the urine, or Strangury, as it is commonly called, is either *complete* or *incomplete*. In the former case, no urine can be passed, or only a few drops are voided with great straining, and at intervals, without affording any relief to the patient, whose state soon becomes one of the most distressing to which man is liable. In the latter case, the symptoms are not so urgent, and the patient passes, occasionally, a considerable quantity of urine, without the pain or distension at the lower part of the belly being much, or in any degree, relieved, or the restlessness and symptoms of general excitement abated.

Retention of urine sometimes occurs in persons who have been prevented from making water by delicacy, indolence, or other causes, until the bladder, from over-distension, has become so weakened that it loses its contractile power, and is unable to empty itself. In this case, the feet ought to be placed in water as hot as it can be borne, and warm fomentations should be applied over the lower part of the belly, or the penis may be immersed in a basin of warm water; by these means, continued for some

time, and the application of gentle pressure over the bladder, the patient will generally succeed in voiding his urine. Occasionally, however, it will be found necessary to draw off the urine by means of the *catheter*. In some instances, this instrument has to be employed two or three times a day, or even more frequently, for several days, or even weeks, until the muscular structure of the bladder recovers its tone. A simple and excellent method of restoring the tone of the bladder is to pour cold water on the lower part of the belly from a height, by means of a pitcher or tea-kettle. This should be done night and morning, until the catheter is no longer required. The "Diuretic Drops" and the "Lithontriptic Mixture," are both excellent medicines in cases of stranguary, especially the latter. Retention of the urine, from a weakened or paralyzed state of the bladder, may also arise from certain affections of the brain, or from injuries done to the spine by blows or otherwise. In the latter case, some degree of insensibility and weakness of the lower limbs is generally present. This form of the disorder is often symptomatic of particular diseases. It occurs sometimes in the course of fevers, painters' colic, dysentery, &c. In all such cases, the state of the bladder should be carefully attended to, and the catheter employed as often as circumstances require, until the patient recovers from the disease on which the retention depends.

Strangury sometimes arises from the internal administration of the tincture of cantharides (Spanish flies), or the external application of this article in the form of blister. In this case, there is a sensation of fulness and weight at the region of the bladder, attended with frequent inclinations to make water, smarting, heat, and difficulty in voiding it. These symptoms are soon relieved by applying over the region of the bladder a towel, folded so as to make four thicknesses, and dipped in spirits of camphor, renewing as often as it becomes dry. At the same time the patient should drink freely of linseed-tea, barley-water, decoction of marsh mallows, wild carrot-seed, or gum-water with sweet spirits of nitre. These remedies are also very serviceable in relieving the strangury which attends gonorrhœa. In this last case, much relief may also be derived from the immersion of the penis in warm water.

Persons subject to this disease should live abstemiously, and carefully guard against exposure to cold, sudden vicissitudes of temperature, wet feet, and every kind of severe bodily exercise ; and, of all things, they should never neglect to attend instantly to a call to make water.

GRAVEL.

UNDER this head may be classed all the urinary affections wherein a sandy deposit is observed after the urine has stood some time. This sandy excretion varies in its composition, in the quantity voided, and in its continuance ; and it is also often separated, for it is held generally in solution in the urine as it comes from the bladder, while in the bladder or in the kidneys ; and hence we find gravel in the kidneys, in the bladder, and in the urine. Where it is precipitated or formed in the kidneys or bladder, it is apt to accumulate, and constitute what is called "stone" in those organs. As I have just observed, the composition of this gravel differs, and differs also at different times in the same individual, according to circumstances. Stones have been detected, that, like the rolling snow-ball, gather up, as they increase in size, whatever comes in their way ; and, accordingly, as the deposits are principally composed of concretions, termed, in chemical phraseology, "Lithates" and "Phosphates," stones are frequently found to be formed, first of a layer of one covering, then of another, and so on.

Gravel may exist for years without inducing much disturbance of health, or it may produce serious inconvenience in a very short time. The urine, being acid, holds the salts which it contains in solution ; and, therefore, if the acid predominate, it becomes, through its own excess, thrown down, when it is de-

tected in the form of red sand; but if there be an insufficiency of acid, the earths and salts of the urine are thrown down, and they exhibit their existence in the form of "Red" and "White gravel." Acidulated urine is looked upon as certainly indicative of health, and when in excess of a high tone of health. Alkaline urine betokens feebleness of constitution, or interrupted health. High living and an excited life induce red gravel; irregular or an impoverished living, with much mental inquietude and physical exhaustion, establish white gravel. The fact of gravel being known to exist without forming stone, is no justification to suffer it to incur even the chance of such a finale. There is no class of diseases so painful and distressing as those wherein the function of the kidneys or bladder is interrupted, and the majority of these affections are ushered in by a derangement of the urinary fluid.

CAUSE OF GRAVEL. — The cause of gravel is owing to chemical affinities. The urine, among its other constituents, contains *lithic acid* and *ammonia*, which two, in healthy urine, are combined and held in solution. If any other acid, as may be instanced in expelled urine, possessing a greater affinity for the *ammonia* than the *lithic acid*, be added, the *lithic* will be thrown down. The same process takes place when effected in the system, the source of which new acid is the stomach, which, when in an irritable and feeble state, as in indigestion, furnishes or abounds

with muriatic acid. In like manner, the urine containing salts, called phosphate of lime, ammonia, and magnesia, on receiving an additional quantity of ammonia,* the lime, for the less affinity to phosphoric acid than the ammonia, is thrown down; and hence a salt, bearing its name, is generated, either to be expelled like gravel, or to feed a nucleus already existing in the bladder. These chemical changes are produced by the causes before enumerated. We are subject to an infinitude of laws: we are perpetually changing, and these changes may fairly be stated as chemical affinities: it is owing to such that the absorption of fluids, and the deposition of substances, which exist more or less in all derangements of health, ensue—to such that we resist death, and to such that we become its prey. Gravel is a disease not so productive of fear or suffering, so long as it escapes when formed; but there are so many circumstances that may give rise to the formation of stone, that sandy urine should always command notice and treatment. A clot or point of blood, that may have been discharged from irritation of the kidney or bladder, is often found to form the nucleus of a stone; the slightest substance, once in the bladder, is apt to form a basis for accumulation: a pin, a fragment of a bougie, or any instrument, hair, wood, and numberless other things

* Furnished in the system by the decomposition of urea.

that have found their way into the bladder, have given rise to the formidable and distressing complaint of stone.

TREATMENT OF GRAVEL. — It is not to be anticipated that every person is prone to excrete gravelly urine ; else certain dietetics, that evidently give rise to the same in particular instances, had at once better be removed from the list of articles of food, and their use prohibited altogether ; but there are instances where a constitutional disposition exists in particular families, that is even transmitted from generation to generation, to calculous diseases, and in those cases every precaution should be taken to avoid even their development.

The antidotes to the disposition to gravelly urine are, exercise, temperance, and the adoption of all those means that tend to promote a healthy action of the skin and kidneys, namely, the electro-chemical bath — it is a perfect talisman in these affections — and the common warm bath. These are both superior antidotes ; the comfort and relief, where relief is sought, afforded, on the first experiment of the electro-chemical bath, in particular, best bespeak its praise.

I have already stated that disorders of the urine arrange themselves under two great heads — the acid and the alkaline prevalence. The treatment is to neutralize the excess of either. The acid dia-thesis, as it is called, is considered a less healthy deviation than the alkaline, and is looked upon as

indicative of greater constitutional break-up. The medicines most in vogue in gravelly disorders are, turpentine (to increase the formation of lithic acid), sulphuric, nitric, and muriatic acids; while the antagonists to that form of the disease, wherein the above are given, consist of ammonia, potass, and soda. The great object, however, is to balance the health, to allay irritation, and tranquillize the morbid uproar of the system. Here we have an extensive field to select from in the class of sedatives. Opium and henbane are, perhaps, the best, the most to be depended on; then the various tonics, astringents, and diuretics, of our pharmacopœia, of which quinine, *uva ursi*, wild carrot, buchu, gravel-weed, etc., stand foremost.

The "Diuretic Drops" and "Lithontriptic Mixture," of which a description will be found on pp. 205, 210, are preparations of the very highest importance and value in this disease—ones which we should hardly know how to dispense with. They promote the expulsion of the gravel from the system, and allay the irritability which exists to a greater or less extent in all cases. The following is also an excellent preparation, to be used separately or in connection with either of the above-named medicines: Take queen of the meadow, dwarf elder, button snake-root, juniper berries, wild-carrot seeds, and spearmint, of each two ounces; make a strong decoction, and take a cupful several times a day.

Although the lithic acid deposition is the most common, still, as the disease advances, there is a strong tendency to the formation of the alkaline; and as the remedies for the former are apt occasionally to accelerate the latter disorder, it is most important that the urine should undergo frequent examination to regulate the treatment. To recapitulate the substance of this article, it may be stated that gravel is a disease not dangerous in itself, but that it is always the forerunner, although not always productive of stone; stone being formed by the collection and chemical union of the sand itself. This collection takes place in the kidneys, the ureters (the vessels that convey the urine to the bladder), the bladder, and sometimes in the urethra. The stone so formed varies in its composition and size, and is one of the saddest ills that can befall human nature. Hence the importance of watching and attending to every urinary disturbance, of which gravel forms a prominent feature, the treatment of which has already been stated; but which, as it involves more practised judgment than a non-professional invalid can be supposed to possess, had better be intrusted only to professional hands.

GALVANISM.

THE first discovery of Galvanism was made by Galvani, in the year 1790. He observed that the limbs of frogs became convulsed when they came in contact with plates of different kinds of metals, even though they had been dead for some time. Soon after him, Volta formed the first battery, consisting of a pile of metallic plates, alternating with wet cloth. More perfect instruments were soon formed ; a greater power was gained, and new wonders began to unfold themselves. Chemical decomposition and recombination were effected by the new power with great readiness ; and at last Sir H. Davy astonished the whole world with his brilliant discovery of the bases of the earths and alkalies. He made it apparent that potash, soda, magnesia, and several other similar bodies, were not simple elements, as had been previously supposed, but the oxides, or rust, of certain metals ; and by means of galvanism he obtained these metals in their pure state, and exhibited them the same as lead or iron. Since then, discoveries equally interesting and important have literally crowded themselves on our notice, till at the present time the galvanic battery is one of the most powerful agents the chemist possesses, and the great fountain of hope whence the philosopher finds support

and encouragement for his most daring speculations. My design, however, in this article, is not to speak of the discovery and history of galvanism, and its philosophical and chemical uses, but of its applicability to the human system as a remedial agent, and its adaptedness to many diseases which physicians have found it difficult to reach by the aid of medicine alone; or, at least, to reach but very imperfectly.

Without entering into an anatomical description of the human system, it may be sufficient for the purpose I have in view to remark, that it is a combination of vital and mechanical organs, adapted for the performance of certain functions requisite for the individual's existence. It may be compared to a complicated machine, all the parts of which act in unison. It is also like the machine in other respects, — it wants a motive power! The various organs may be ever so perfect, but still they cannot work of themselves. The machine needs the steam-engine, and the human system also requires something analogous.

The power which makes the heart beat, the stomach digest, the muscles contract, and, in short, causes every other bodily motion, is the nervous fluid. Recent discoveries have made it extremely probable, in fact, nearly certain, that this mysterious power, which we call nervous, is identical with electricity, magnetism, or galvanism, which, as experiments have

demonstrated, can effect the various motions of the organization when the nervous power is extinct.

The effects of galvanism on the living body are familiar to most people, galvanic batteries being now very common. Its effects on the dead are not so familiar, though often observed; suffice it to say, that the limbs and organs of a dead body will move by its means, and exhibit all the ordinary phenomena of life. There is no doubt but it is the principle of vitality, or life itself, and nothing comes into existence, or lives, but by its means. Animals have been created by it artificially; and vegetables have been made to grow in one hour as much as they ordinarily do in several days. The heat which warms, and the light by which we see, are only modifications of this mysterious power—the soul of the universe, which causes the gentle breeze and refreshing shower, and a thousand phenomena that delight us with their beauty or appal us with their might; and by which also the world itself, and the whole planetary system of which it forms a part, are doubtless kept and moved in their orbits. As it is in the universe by the electric power, so it is in the human body by the nervous. Not the slightest motion or change can occur, not a thought can originate, or a feeling be experienced, but by its means.

Galvanism, or electricity, is artificially engendered in various ways. The most convenient mode of producing it, however, is by a combination of metals and

acids, called a battery. The chemical action is very great, and the galvanic power engendered by it may be further increased and modified by traversing coils of wire.

The nervous power, or human galvanism, is produced by the action of a natural battery, forming part of the system. This battery is composed of the brain and spinal marrow, and the nervous cords connected with them. The organization and composition of the brain are apparently simple, but there is, undoubtedly, much in both that we have not yet comprehended. The manner in which the brain acts to produce the nervous power we do not know, but that it does so is undoubted. It will even produce common galvanism under certain arrangements.

In connection with the brain and spinal marrow are certain white cords, called the nerves. These are very numerous, and are sent to every part of the body, like the arteries. The use of the nerves is to transmit the power engendered in the brain or spinal marrow, wherever it is wanted, in a similar manner as the arteries convey the blood from the heart.

No organ can move unless it be connected by a nerve with one of the great centres. This is easily seen by cutting the nerves, as those going to the arm, for instance, and all power of motion is at once lost. Cut through those that go to the heart, and it stops beating; or those that go to the stomach, and it ceases to digest. If the spinal marrow be severed

at a certain point, all the organs below become immediately paralyzed, owing to their connection with the source of power being destroyed. This arrangement of the nerves, it will be seen, is precisely that of the wires of the magnetic telegraph. The battery at one station engenders the power, and the wires convey it to the other, let the distance be ever so great. The will of the operator at one end is thus transmitted to the other, and produces the effect he desires ; in the same way, when I wish to move my arm, the *will* sends the nervous power from the brain down the nerve to the muscle. This makes the muscle contract, and so produces the motion. If you cut the wire, no communication can take place between the two ends of the telegraph ; if you cut the nerve going to the arm, no communication can occur between it and the brain, and it no longer obeys the will.*

To prove that the nervous and the galvanic power are similar, numerous experiments have been instituted. Dr. W. Philips was probably the first to conduct them systematically, but they have since been repeated and extended in a great variety of ways. His first experiments were on digestion. He took two rabbits, and fed both with the same kind and amount of food. In one he cut through the *par vagum*, or nerve proceeding to the stomach and lungs ; an operation which so impeded the action of breath-

* *Neuropathy*, pp. 52, 53.

ing, that the animal wheezed, and at last died of suffocation. The other was not interfered with, but at the end of twenty-six hours was killed, and both were examined. In the stomach of the one which had not been operated upon the food was found fully digested, but in that of the other it was found nearly unchanged; thus demonstrating that unless the nervous power is conveyed to it, the stomach cannot digest. He next took two other rabbits, and treated them in precisely the same manner, but to the one that had the nerves of the stomach cut he applied a small galvanic battery, so that the galvanic current passed through the stomach in the same way that the natural nervous power used to do. At the termination of the same period of time as in the first experiment, they were both killed, and it was now found that the one whose nerves were cut had digested nearly as well as the other, which had not been interfered with; thus showing that the stomach could perform its functions by means of ordinary galvanism nearly as well as by means of the nervous power itself. Similar experiments were performed on the heart and other organs, in all of which it was found that their action ceased on cutting the nerves, and commenced again on transmitting the galvanic power. This seems to prove that the nervous and galvanic powers are similar, — or, at least, that one may be substituted for the other.*

* Philips on the Vital Functions.

In many instances of loss of motion in the limbs, loss of sight, hearing, and other functions, resulting from paralysis of the nerves, we find that the function is instantly restored on sending the galvanic power through them. In some cases the effect remains only while the power is being transmitted, but in others we have the satisfaction of seeing a perfect restoration, after a deprivation, perhaps, of many years.

Undoubtedly one of the greatest and most useful discoveries in galvanism is that of its application to the removal of mineral poisons from the system, and to various nervous and glandular diseases, by means of what are now denominated the ELECTRO-CHEMICAL BATHS. This discovery was laid before the French Academy of Sciences, a little more than a year ago, by M. Dumas, a celebrated French physician and member of the Academy. The authors of the discovery are MM. A. Poey, of the Havana, and Maurice Vergnés, who will hold a distinguished rank among the benefactors of mankind.

The invention consists in the application of electro-chemistry to the cure of those diseases which have their seat in the nerves, tissues, and bones of the human system; especially of those artizans who, in the exercise of their profession, are condemned to breathe metallic dust or vapors,—who poison themselves daily for the sake of living, and acquire so many dreadful infirmities in the silvering of looking-

glasses, the preparation of white lead, etc.; also those whose systems have been ruined by mercury, in its various forms.

So much effort has been made to envelop this discovery in mystery, and such extraordinary claims have been put forth by some persons to be invested with the exclusive right to administer these baths in this city, and to be the especial agents of one of the discoverers, to have been instructed by him, etc., that I deem it proper to insert here the following account of the discovery, and *modus operandi* of administering them. It is taken from that standard European medical journal, "*Braithwaite's Retrospect of Practical Medicine and Surgery*;" part xxxi., p. 227.

"M. Poey takes an unfortunate patient, corroded by lead, mercury, gold, silver, or any other metal, and places him in a metallic bathing-tub, isolated from the ground. The man sits down, his legs horizontally stretched out on a wooden bench, isolated from the tub, which is filled with water up to his neck. The water is slightly acidulated, to increase its conductivity; and the acid varies according to the cases. Nitric or hydrochloric acid is used for the extraction of mercury, silver, or gold; sulphuric acid, for that of lead. This done, the negative pole of a pile is brought into contact with the sides of the bathing-tub, and the positive pole placed in the hands of the patient.

"The work of purification is now in full activity;

the electrical current precipitates itself through the body of the sufferer, penetrates into the depth of his bones, pursues in all the tissues every particle of metal, seizes it, restores its primitive form, and, chasing it out of the organism, deposits it on the sides of the tub, where it becomes apparent to the naked eye.

“ In this great discovery, chance or accident has played a part. One of the inventors, M. Maurice Vergnés, occupied himself with galvanic gilding and silvering. His hands, being in continued contact with solutions of nitrate and cyanuret of gold and silver, got covered with ulcers in consequence of the introduction of metallic particles. One day he plunged the diseased organs into the electro-chemical bath, at the positive pole of the pile ; and, after a quarter of an hour, to the great surprise of the beholders, a small plate of metal brought into contact with the negative pole covered itself with a thin coating of gold and silver, extracted from the hands of the operator, whence the most powerful remedies had not been able to eliminate them. This discovery was made on the 16th of April, 1852.

“ The authors employ a pile of thirty pair of plates, approaching, at the same time, that of Bunsen and of Grove, as coke and platina enter into its composition, by which its action is rendered more energetic. Each pair has a diameter of forty millimetres, and is two hundred and seventeen millimetres

high. The number of the pairs to be used at the beginning of the operation depends upon the temperament of the patient and the nature of the malady. Thus a delicate and very nervous person is at first submitted to the action of ten or twelve pairs only, and every five minutes the number is increased. A person of a sanguine or lymphatic temperament is able to endure a greater number of elements. The same observation applies to the quantity of acid employed in the bath, less being required for a nervous than a lymphatic constitution.

“The metallic atoms extracted from the body deposit themselves on the whole surface of the tub; but they are more abundant opposite to the part of the body where the metal was lodged. The size of the metallic spots varies considerably; some are microscopical; others have the dimensions of a pea; those of the size of a pin’s head are very common. ‘I have seen,’ says M. Poey, ‘after the first bath of a person who complained of pains in the arms, from having taken mercury, the contours of the arm perfectly drawn upon the metallic plate by the deposit of metallic atoms, that without doubt proceeded from the suffering member.’”

Here, then, we have a succinct statement in relation to the discovery and original manner of preparing and administering these baths, as well as some of the results obtained. From it we learn that France is the place where this discovery was first

presented to the knowledge of the public, and not New York, as some have represented. Is it not perfectly evident, therefore, that the claims above alluded to, which have been put forth by certain persons, to have received from one of the original discoverers the exclusive right to administer them in Boston, and that none but theirs are genuine, must be without any foundation in fact, mere clap-trap to deceive the uninformed ? It may be true that some persons who administer these baths have themselves been deceived. Being entirely unacquainted with the science of electricity, they may have paid some electrician an exorbitant price for a very little instruction ; but this invests them with no exclusive rights, as it respects these baths. Every kind of information in relation to them is to be found in our medical journals, and any physician or other person in the city or country may open an establishment and administer them to whomsoever shall be desirous of taking them.

The reader will notice that, according to the article above quoted, MM. Poey and Vergnés used a metallic bathing-tub for conducting their experiments, the negative pole of the battery being brought into contact with the sides of the tub, upon which also the metallic substances extracted from the system were deposited. It will be seen, therefore, that those who employ tubs made of soap-stone, gutta-percha, and such-like materials, do not give the gen-

uine bath. The patient not being surrounded with any kind of metal with which the negative pole can be brought in contact in order to complete the circuit of the galvanic current, and upon the sides of which any mineral substances extracted from his system may be deposited, it (the negative pole) must of course be dropped in the water of the bath. This, so far from being a new discovery, is precisely the method I have employed for years in administering Electro-Magnetism. It is a very different thing from the genuine Electro-Chemical Bath, and patients should be careful that they are not deceived in this respect.

Again, from the above account of M. Poey's experiments, it appears that he used a wooden bench to isolate the patient from the metallic tub. Hence some of those who are engaged in administering these baths in this country employ wood for the same purpose. And herein we think they commit a great mistake. It will be borne in mind that MM. Poey and Vergnés were not engaged in administering the baths for curative purposes to any and every one who applied for them, as is now the case in this country, but were simply experimenting for the purpose of ascertaining a scientific fact, namely, the possibility of extracting mineral poisons from the system. The use of wood, therefore, was more convenient for them than any other material, and equally as safe. But in public electro-chemical

baths the case is entirely different. Here patients with almost every variety of disease apply for baths. Probably those who have some kind of humor form the largest class. Now, I contend there is danger that wood, after it has absorbed moisture from the water, may retain and communicate disease, humors especially, from one patient to another, notwithstanding the attendant may exercise the greatest care in washing the wooden seat after each bath. I believe diseases have been so communicated, and may be again.

Is it asked how these objections are to be obviated ? I answer, discard the use of soap-stone and gutta-percha bathing-tubs, and use only those made of well-tinned copper. The copper should be tinned, for the reason that a plain copper surface is apt to irritate or poison the skin. No good housewife would make preserves or prepare pickles in a vessel with a copper surface. Neither should chemical baths, which contain more or less acid, be administered in such a vessel or tub. Let the copper be thoroughly tinned, and this objection is removed.

In the second place, instead of wood to isolate the patient from the tub, let glass be employed for this purpose. This is one of the very best non-conductors of the electric current, and can be effectually cleansed after each bath, and therefore must be perfectly safe. I have never dared to use wood since I have had the baths in operation. In the

outset I procured heavy French glass, and the patient is not allowed, while taking a bath, to touch anything but this. The head, foot, and bottom of the tub, as well as that part which comes in contact with the shoulders, are, and should be, all lined with glass.

Besides extracting mineral poisons from the system, as mercury, lead, silver, &c., these baths are of the highest utility, and have been productive of very beneficial effects, in a great many of the most common, as well as most troublesome diseases of the human system. In fact, the great aid they furnish the physician, in curing some of the most annoying and obstinate chronic complaints so prevalent at the present day, in my opinion far eclipses the glory of their original application. The extracting of mineral poisons from the system is of minor importance compared with the beneficial effects of the baths in other respects; especially as the number of persons who suffer from the kind of poisons referred to is very small in comparison with those who labor under some one or more of the chronic diseases which abound in New England.

DYSPEPSIA, especially when it arises from nervous exhaustion, is more generally relieved by these baths than by any other means. Though they do not entirely supersede the necessity of medicine, yet they very much lessen the quantity required, and aid in effecting a rapid convalescence. In this disease

there is simply an insufficiency of nervous power, owing to the patient exhausting it all in thinking, or some other process, and what is wanted is either to *rest*, and so allow the stomach to regain its due share of that power, or else to substitute an artificial power. Now, galvanism, as we have already shown, will enable the stomach to act almost as well as it does with the nervous power, and therefore is both an efficient and proper substitute. I have often known persons with scarcely sufficient appetite to have any relish for food, become very hungry on taking a single bath. I feel confident that nearly every case of dyspepsia, unless there be a structural disease of the stomach, may be cured by the aid of these baths.

CONSTIPATION OF THE BOWELS is another very common complaint in which these baths are always beneficial. It is generally caused by a cessation of the peristaltic motion, owing to a want of action in the muscular coat of the intestines. The application, in all such cases, of galvanism through the electro-chemical bath, is invariably attended with relief; and the reason will be obvious on studying its operation. Immediately the galvanic current begins to flow from the spine to the surface of the abdomen, the peristaltic motion is excited, and the intestines are in a state of commotion, which lasts for a long time afterwards, and almost invariably leads to a proper performance of their functions. Galvan-

ism is, undoubtedly, the best and most natural agent we can employ in this troublesome affection. It is nearly always successful, and is as harmless as medicines are sometimes injurious.

RHEUMATISM may generally be treated successfully by means of these baths, either before the acute stage is fully set in, or after it has passed. But during the height of the attack our attention should be directed simply to reducing the inflammation. When the disease has become really chronic, galvanism is almost the only agent that will act beneficially upon it; and it seldom fails us. Cases of many years' standing, with swelling and stiffness of the joints, have been cured by it in a very short time.

NEURALGIA is equally amenable to the influence of these baths. In all ordinary cases, unless depending on structural disease, they may be considered a specific. Administered at the commencement of an attack, they always cut short its duration; and, continued afterwards at brief intervals, will generally prevent its return. The beneficial effect, both in rheumatism, neuralgia, and many other diseases, is quite likely, owing, in part, to a profuse perspiration, which the galvanic current nearly always produces. There are few things which can be more depended on for this purpose; and I have known a patient perspire freely in five minutes after its application, when the strongest sweating-medicines had been tried without effect.

PARALYSIS, either of the nerves of motion, or of sensation, or both, can be cured by these baths, if capable of cure, though it is a disease which is seldom, if ever, benefited by any other means. The cause of this affliction appears to be seated in the brain, or spinal marrow; and, if it be in any part that we can reach, relief can be afforded. But it is sometimes situated where we cannot act upon it—as in the base of the brain, for instance; and sometimes it results from some injury, or decay of the part; in both of which cases we can render no direct assistance. Great, indeed, is the joy of the patient, and the satisfaction of the physician, when a limb, that has been paralyzed for years, resumes its functions; and, fortunately, this satisfactory result is by no means rare. The action of these baths, as administered by the author, is truly wonderful in some cases of palsy, often enabling its victim to throw away the crutches on which he had been compelled to rely for support. But in all these cases it is requisite that the muscles be still capable of contraction; for, without this, of course, motion is impossible.

TUMORS and SWELLINGS, especially those of a scrofulous character, are often dispersed, and entirely removed, by means of these baths.

HUMORS, and ERUPTIONS upon the face and other parts of the body, are almost certain to yield to the beneficial influence of this great curative agent. We scarcely ever fail in curing a case of this kind, though

we have treated a very large number ; usually making the face covered with pimples in a few weeks to become soft and fair.

These baths are also of the greatest service in that large class of diseases called *nervous*, which are so common among females, though met with occasionally in the other sex. No other diseases cause so much misery as these ; severe pain can be borne much better, and would often be preferred. They are also much aggravated by want of sympathy from those around, arising from ignorance of their real nature. People are apt to look upon these nervous persons as *bores*, and to think that nothing at all is the matter with them. The expression "*it is only nervousness*," or, "*it's all imagination*," is very common, and arises either from ignorance or want of feeling. The sufferers themselves are often aware that there is no real cause for their unhappiness ; but still they cannot shake it off, and when they meet with harshness or neglect it makes them worse. A little sympathy and encouragement will often accomplish wonders ; and, as they cost nothing but the exercise of good-nature, might be administered much more frequently than they are. In all such cases as I have now described, these baths, aided by proper medicines, and correct moral treatment, are of incalculable benefit. By stimulating the whole nervous system, and rousing it from that state of torpor into which it had sunk, they restore to the mind its activ-

ity, and to the feelings their calmness and repose. It should never be forgotten that the mind and the feelings can be influenced by remedial treatment, the same as the body ; and that bad temper may be often cured equally with bad digestion, and by a very similar process.

In all those diseases peculiar to the female structure we have experienced great success from these baths ; and in barrenness or sterility no other means can compare with them. If my limits would allow, I could give some remarkable instances of their great use in suppressions, irregularities, discharges, and periodical pains, particularly when spasmotic. In short, either as a means of relieving pain, or of restoring suppressed or irregular action in any part of the system, they are more certain of doing good, without any danger of doing harm, than any other remedies employed by the profession.

Let me say, however, in closing this chapter, that, valuable as these baths are, as a remedial agent, when properly and scientifically administered, there is great danger of their being brought into disrepute by the ignorance, or empiricism, of many who claim to give them. To be administered as they should be, requires care and skill, the personal attention of the operator, and a thorough knowledge of the laws of electricity and galvanism, and of the anatomy of the human system, especially of the part diseased. From an experience of twelve years in the treatment of the

diseases referred to in this book, and particularly those to which these baths are applicable, we know they cannot be administered safely and successfully without this knowledge and careful attention. And yet there are a great many already engaged in this work, professing even to be the only properly-qualified operators, who, twelve months ago, could not, unaided, have set a battery in operation, if their life had depended on the issue; and even now are almost entirely unacquainted with the laws which govern the agent they use. And, as to anatomy, they can scarcely tell a nerve from an artery, or a bone from a muscle, to say nothing of their inability to define the location of a diseased nerve, or organ. And yet people will flock to such practitioners, because they advertise extensively, and tell large and extravagant stories of their almost miraculous success; not remembering that, if their knowledge and success were equal to their claims, they would not be under the necessity of keeping a stream of advertising constantly running, in order to get business.

HYDROPATHY.*

As Hydropathy is, at the present time, engaging much attention, and as it is, to a certain extent, regarded by some practitioners as a valuable adjunct to Eclecticism, in expediting the cure of several diseases, a few particulars respecting its origin, progress, mode of application, etc., may not be here considered inappropriate. Long previous to the time of Priessnitz, the late distinguished Hydro-pathist of Europe, water had been used as a remedial agent in various complaints, but its systematic application to all forms of disease originated in the institution at Græfenburg, under the direction of the "Silesian peasant." The success which the new method there met with attracted public attention, and led to the establishment of similar institutions throughout Europe and America. That it is an universal remedy, or that it is, as a system, at all comparable with Eclecticism, we are far from believing; but as an occasional assistant to the action of medicine, as a depurative stimulating tonic, and simple antiphlogistic, its importance is now widely acknowledged.

The modes in which this economical and easily attainable agent is applied are various, consisting of

*Epps' Domestic Homœopathy.

the "wet sheet," hip-baths, foot-baths, douches, head-baths, eye-baths, leg-baths, half-baths, jet-baths, affusions, etc. The manner of applying the wet sheet, the seat-bath, and the fomentations, as they are the principal forms which eclectics have made use of, — never by them alone relied upon, however, but only as auxiliary to other treatment, — will be here described.

THE WET SHEET.

This expedient is resorted to in febrile affections, when the surface is hot and dry. It assists in some instances the action of diaphoretic medicines, and relieves the excessive restlessness accompanying fever, producing quiet sleep and promoting perspiration. In inflammatory, eruptive and other fevers, its judicious application has frequently been followed by the most favorable results, working in conjunction with the well-selected internal remedy to aid the recuperative efforts of nature. The following is the process recommended :

A sheet is to be dipped in cold water, and wrung out as dry as possible, then spread upon the top of two blankets previously laid upon the bed or mattress. The patient, entirely undressed, is to be immediately laid upon the sheet, and closely covered with it, from the neck to the feet. After the entire body, with the exception of the head, is enveloped in the sheet, the blankets underneath are to be

separately drawn over the body, and closely tucked in, one over the other. Particular attention should be paid, in enclosing the neck, both by sheet and blankets, that the cold air from without may not find entrance. The lower ends of the sheet and blankets should be bound round, and then drawn under the feet, so that when the packing is completed the whole surface of the body may be closely and entirely enveloped. Afterwards, five or six blankets should be spread over the patient, and tucked under, or pressed closely against the sides. After the operation is thus concluded, one or two tumblers of cold water drank slowly will aid in bringing on perspiration.

At the end of one hour — longer or shorter, however, as the perspiration may be more or less decided — the patient should be carefully and quickly uncovered, and the whole surface rubbed with a towel or sponge dipped in cold water, and afterward with a dry cloth.

This sponging with cold water while the body is in a state of perspiration, induced in this manner, is not, as many are too apt to suppose, attended with danger. When perspiration is the result of violent exercise, emotion, or internal febrile excitement, the sudden application of cold might be very injurious.

The person, packed as above, should not be forced to breathe the confined air of a close room. A

window in the apartment should remain open while the body is enveloped in the sheet.

Should the head become hot and uncomfortable, a towel wet with cold water may be laid upon the forehead. If, however, during the perspiration, the head should continue heated, or if there is a general uneasiness, the blankets and sheet may be removed, such symptoms generally indicating a too powerful reaction.

When the wet sheet is applied to persons suffering from violent febrile action, hot, dry skin, and frequent pulse, the object is to abstract the superabundance of heat as rapidly as possible, and the application of a second wet sheet is necessary as soon as the first becomes dry, or the heat of the surface returns. As partial inflammation is subdued by the topical application of cold embrocations, so in this case, where the inflammation is general, the principle remains the same.

A half-sheet is applied as the whole sheet above described, but extending only from the arm-pits to the thighs, and is both useful and convenient.

SEAT-BATH.

The seat-bath is taken in a tin vessel constructed for the purpose, with a back to lean upon; or a common tub may be made use of, if necessary. Such a quantity of water is to be poured into the tub as to reach above the hips of the person sitting, or about two

inches below the navel. The upper part of the body, as well as the legs, should be covered. The length of time for remaining in this bath must depend upon circumstances. If it is for strengthening, as, for instance, in weakness of the organs of generation, pollutions, the whites, impotency, &c., the patient stays but a short time,—say from ten to fifteen minutes,—and repeats the bath the oftener; but if it is intended to lead off, as, for instance, congestions from the higher parts, inflammations in the chest, fevers, or when a powerful reäction is required, as in complaints of the bowels, the length of the sitting must be much greater,—say three quarters of an hour, or an hour.

It is proper to add here, that too protracted an application of cold water, either generally or locally, is unsafe, and the duration of time should not be left to conjecture, or to the judgment of the bather. In acute complaints, as brain, lung, nervous fever, or when violent pains exist, the time should be graduated according to the severity of the inflammation or pain.

The seat-bath is used with much success, in connection with suitable internal remedies, for the relief of the pain, and the checking of discharges in diarrhoea, dysentery, bleeding hemorrhoids, &c. In many cases the relief is immediate and decided.

COLD BANDAGE.

For the removal of local pain, or inflammation, a towel is wrung out dry in cold water, and applied around or upon the part affected, and closely covered with a perfectly dry cloth. Bound round the abdomen in this manner, they produce perspiration, and quiet the nervous irritability accompanying a feverish condition of body. This is a beneficial application in cramps, and pains in the stomach and abdomen, and its frequent renewal is of great service in a constipated state of the bowels.

In head-aches, with external heat, a small, folded towel, wrung out in cold water, and laid upon the forehead, will be productive of great relief.

In sore throat, hoarseness, etc., a cold towel bound round the neck will soon remove the difficulty. In croup, also, the throat may be kept constantly bound with a cold compress, closely covered with a dry cloth. The local inflammatory action, which, unchecked, renders this complaint so dangerous, is more readily and safely subdued by this simple method than by any other external application.

BILL OF FARE AND RULES FOR INVALIDS AND OTHERS.

As patients are frequently making inquiries with regard to what they may eat and what they must not eat, the following "Bill of Fare" is inserted as a kind of guide in this respect, which, if followed, will prove not only beneficial to invalids, but also to those in health.

ARTICLES PROHIBITED.

Warm roast veal and pork ; salt beef and pork ; soup, gravy, spices, coffee, green tea ; salt fish of all kinds, except cod ; lobsters, crabs, fresh bread, pastry, mince pie, cake, ardent spirits, malt liquors, unripe fruit, pickles, nuts, tobacco in every form, and all other indigestible kinds of food.

DIET RECOMMENDED.

Bread made of wheat ground coarse and unbolted ; Indian, rye, good butter, potatoes, rice, stewed fruit, plain puddings and custard, milk and molasses when they agree, cocoa, shells, weak black tea, oysters, fresh and salt water fish and salt codfish, eggs cooked rare, onions thoroughly boiled, beef-steak rare, not buttered nor peppered ; and roast beef, and mutton, and poultry very sparingly, and without gravies, as mentioned in articles prohibited.

REMARKS.

I have mentioned the kind of diet which should be rejected, and which, as a general rule, should be taken; but there will undoubtedly be many exceptions, inasmuch as what may agree with one will not with another. In such cases it must be left to the choice of the patient, bearing in mind that whatever digests well, or rests easy on the stomach, may be safely taken; but it should never be overloaded, even with light food. No late suppers; and early rising.

As much depends upon the quantity as the quality of the food. Rise with an appetite.

“ Let supper little be, and light ;
But none makes the best night.”

Again :

“ After breakfast walk a while,
After dinner sit a while,
After supper walk a mile.”

Masticate or chew the food well. Eat slow. Drink no very hot liquids. Let meals be taken at regular intervals, as near as possible at six hours apart, and nothing between them, and nothing just before going to bed. Bathe frequently; take plenty of exercise, and avoid over-exertion, feather-beds, and indolence; a current of air, especially when heated; fretting and scolding, and corroding care. Mingle

moderation and abstinence with all your physical indulgences, if not with your mental or intellectual. Govern your temper ; look on the bright side of things ; keep down, as much as possible, the unruly passions ; discard envy, hatred, and malice, and lay your head upon your pillow in charity.

It is only by obedience to the constitutional laws which a wise and benevolent Creator has established in our natures, and which are as fixed and immutable as the laws of the planetary system, that life and health can be secured.

POISONS AND ANTIDOTES.

It not unfrequently happens that serious and distressing results are occasioned by the accidental employment of poisons ; and it occurred that we might possibly do a service to some of our readers by presenting them with a brief and compendious list of the most common poisons, and the remedies for them most likely to be close at hand.

Acids. — These cause great heat and sensation of burning pain, from the mouth down the stomach. Remedies : Magnesia, soda, pearlash or soap dissolved in water ; then use stomach-pump or emetics.

Alkalies. — Best remedy is vinegar.

Ammonia. — Remedy : Lemon-juice or vinegar ; afterwards milk and water, or flax-seed tea.

Alcohol. — First cleanse out the stomach by an emetic, then dash cold water on the head, and give ammonia (spirits of hartshorn).

Arsenic. — Remedies : In the first place evacuate the stomach, then give the white of eggs, lime-water, or chalk and water, charcoal, and the preparations of iron, particularly hydrate.

Lead. — White lead and sugar of lead. Remedies : Alum, cathartic, such as castor-oil and Epsom salts.

Charcoal. — In poisons by carbonic gas, remove the patient to the open air, dash cold water on the head

or body, and stimulate nostrils and lungs by harts-horn, at the same time rubbing the chest briskly.

Corrosive Sublimate. — Give white of eggs freshly mixed with water, or wheat flour and water, or soap and water, freely.

Creosote. — White of eggs and emetics.

Belladonna, or Night Henbane. — Give emetics, and then plenty of vinegar and water or lemonade.

Mushrooms, when poisonous. — Give emetics, and then plenty of vinegar and water, with dose of ether, if handy.

Nitrate of Silver (lunar caustic). — Give a strong solution of common salt, and then emetics.

Opium. — First give a strong emetic of mustard and water, then strong coffee, and acid drinks ; dash cold water on the head.

Laudanum. — Same as opium.

Nux Vomica. — First emetics, then brandy.

Oxalic Acid. — Frequently mistaken for Epsom salts. Remedies : Chalk, magnesia, or soap and water, freely ; then emetics.

Nitrate of Potash, or Saltpetre. — Give emetics, then copious draughts of flax-seed tea, milk and water, and other soothing drinks.

Prussic Acid. — When there is time, administer chlorine in the shape of soda or lime ; hot brandy and water ; hartshorn and turpentine also useful.

Snake-bites, &c. — Apply immediately strong hartshorn, and take it internally ; also give sweet-

oil and stimulants freely. Apply a ligature tight about the part bitten, and then apply a cupping-glass.

Tartar Emetic. — Give large doses of tea made of gall, Peruvian bark, or white-oak bark.

Tobacco. — First an emetic, then astringent tea, then stimulants.

Verdigris. — Plenty of white of eggs and water.

White Vitriol. — Give the patient plenty of milk and water.

In almost all cases of poisoning, emetics are highly useful; and of these, one of the very best, because most prompt and ready, is the common mustard flour or powder, a tea-spoonful of which, stirred up in warm water, may be given every five or ten minutes, until free vomiting can be obtained.

Emetics and demulcent drinks, such as milk and water, flax-seed or slippery-elm tea, chalk-water, &c., should be administered without delay; the subsequent management of the case will, of course, be left to a physician.

ADVERTISEMENT TO THE READER.

THE author would take the liberty, in this place, to say to the readers of this work that he may be consulted in all the various diseases incident to the human system, particularly those referred to and treated of in the foregoing pages, at his office, No. 17 Hanover-street, Boston.

Having had an extensive family practice, and a very large and constantly increasing office practice, during the last twelve years, Dr. T. flatters himself that his experience and past success will justify him in warranting a cure in every case not beyond the reach of hope, in the shortest possible time. The immense number of cases of lung, liver, stomach, kidney, and scrofulous diseases, as well as cases of humors, seminal weakness, gonorrhœa, gleet, gravel, rheumatism, neuralgia, and female complaints of all kinds, which he has had under his care during the last twelve years, has enabled him to see and faithfully study them in all their varying and most obstinate forms; as also to ascertain what kind of treatment is best adapted to meet the different emergencies and phases of disease which present themselves, as well as to different constitutions, temperaments, and occupations. There are scarcely any two patients who require to be treated precisely alike in

every particular, for the same complaint. Disease is almost invariably modified, in a greater or less degree, by the past habits, constitution, temperament, and employments, of the patient; and so, also, should the treatment be regulated in accordance with all the various influences which have the least bearing upon the complaint. And not unfrequently the entire success of a given course of treatment depends upon the accurateness of the physician's judgment in these respects, and his skill in preparing his remedies accordingly. The author of this small work has had hundreds of patients under his care, in most of the complaints mentioned in the preceding pages, and he flatters himself that he has been as successful in treating them as any physician in Boston, and that the superiority of his method of managing the most difficult cases, in which others have failed, has been fully demonstrated. He would, by no means, use the boasting and self-laudatory language employed by the advertising quacks; but he would most respectfully invite the sick and afflicted, who have hitherto failed in obtaining the relief they so ardently desire, to give him a call. He will make them no charge for a short private consultation, and they may possibly learn something that may be of some advantage to them.

FEMALE COMPLAINTS.

THERE is, perhaps, no class of complaints in which the author's method of treatment is more effectual and gratifying than in those peculiar to females.

PROLAPSUS UTERI, or FALLING OF THE WOMB, FLUOR ALBUS, and NERVOUS DEBILITY, almost invariably yield to his treatment; and the afflicted patient in a short time throws off the mantle of disease for the coronal of health.

Suppression, and other derangements of the monthly periods, are treated upon new pathological principles; and a cure can be warranted in all cases, when not complicated with any incurable disease, no matter how long-standing the case may be.

I would here caution any female reader of this book, who may stand in need of medical assistance, not to put off making an early application, through a false modesty, as too many do; thus rendering a cure much more protracted and expensive. I would assure all such that all consultations are strictly confidential, and the most kind and scrupulous regard is invariably paid to the feelings of patients.

Persons desirous of consulting me by letter can do so by prepaying the postage and enclosing a small fee. I receive more or less letters every week asking advice gratuitously. I should be very happy to comply with all such requests, if I could consistently, But it would be too great a tax upon my time. Not

unfrequently I have from six to twelve letters to write in a day, and the reader will at once perceive that I ought not to be required to perform all this labor for nothing. If the advice asked for is considered of any value at all, each recipient can certainly better afford to pay a small compensation for it, than I can afford to spend time to write to every applicant gratuitously; and no doubt he will cheerfully do so.

Where, however, but a few words are required in answer to a letter, I will cheerfully give them without compensation. And when a fee is enclosed, if the applicant afterwards becomes my patient, the amount of the fee will be deducted from his bill.

VISITS INTO THE COUNTRY.

THE author is very often called upon to go from five to one hundred miles into the country, to visit patients laboring under lung, liver, syphilitic, rheumatic, and nervous diseases, and the various weaknesses and derangements peculiar to the female economy. In obedience to such calls, he has visited Lowell, Worcester, Fitchburg, Providence, and Springfield, as well as many other places nearer Boston. He will continue to hold himself in readiness to obey calls of this character in future.

His terms for such visits are as follows: To places

on the line of a railroad, five miles distant or under, **FIVE** dollars. For all the distance over five miles, from thirty-three to fifty cents per mile. Where several visits are required, a reasonable reduction will be made from the above prices.

CATALOGUE

OF some of the principal medicines referred to in the foregoing pages, all of which are prepared with great care, and will be found all they are represented to be.

MAGNETIC ETHER, NO. 1.

FOR CONSUMPTION.

THIS ether is so combined as to act expressly upon diseases of the lungs and throat, and has proved a powerful and efficient remedy in the removal of consumption, hemorrhage of the lungs, and bronchitis. Probably no medicine has been the means of rescuing so many from consumption's cruel grasp as this number of the magnetic ether.

I know consumption is commonly considered an incurable disease. And why? Because physicians generally have had little or no success in removing it. They have mistaken the remedies, and, in consequence of their ill-success, have passed judgment upon it.

I readily agree with the popular opinion, that pulmonary diseases have been stubborn things to remove. All persons of ordinary information know very well that many diseases have formerly been

considered incurable, which at present are easily removed. How many thousand discoveries have been made, and ends accomplished, which, a few years since, were considered without the limits of possibility !

To those who have reason to fear the approach of that alarming disease, consumption, I hold forth the bright jewel of hope, that this insidious and so generally fatal disease can be cured — at least, in its first three stages. None will dispute this fact when they see the powerful influence which this medicine exerts in removing phthisis.

DIRECTIONS. — Take from thirty to sixty drops in some kind of mucilage or tea, always beginning with the smaller dose, and increasing gradually. If there be much troublesome cough, it is better to take it in a small dose of the lung syrup. It should be taken three or four times a day; generally before meals and at bedtime. If it lessen the appetite when taken before meals, it may be taken some two hours after meals. Price, two dollars per bottle.

MAGNETIC ETHER, NO. 2.

FOR NERVOUS DISEASES.

THIS is a tonic and anti-spasmodic preparation, and is designed especially for those diseases the seat of which remains in the nerves, or which may be

slightly transferred to any particular organ, and is in such cases of incomparable value. It will be found of especial value in dyspepsia, palpitation of the heart, nervous head-ache, disturbed sleep, fits, female diseases, etc. It is difficult to conceive of a medicine so well calculated as this is to remove this class of diseases — one which so effectually strikes at their root, and imparts tone and vitality to the nervous system.

DIRECTIONS. — The patient should generally begin with thirty to forty drops, and increase two or three drops per day, till the dose amounts to a tea-spoonful. To be taken about an hour before each meal, in a little water; or, in cases of great debility, in a small table-spoonful of best port wine, mixed with a little water and loaf-sugar. If the bowels are apt to be costive, one or two of the Electric or Family Pills may be taken every other night. Price, two dollars per bottle.

MAGNETIC ETHER, NO. 3.

FOR LIVER COMPLAINT.

THIS number of the magnetic ether is combined with reference to that class of diseases dependent upon derangement in the functional operation of the liver, scrofulous affections, etc. The galvanized plaster being placed over the region of the liver, in

liver affection, combined with the use of the electric pills, and the specially detergent and cleansing properties of this number of the ether, allays heat and inflammation in this organ, softens the hardened portions, and by its magnetic influence fills the nerves with the appropriate stimulus, which promotes a healthy action in all its parts. The bile ducts, stomach, and intestines, become purified by the cleansing operation of this medicine, and tone and energy in the action of these organs are induced ; and, in consequence, jaundice and bilious diseases are broken up, and the secretion of bile through all its various parts becomes healthy ; animation returns to the countenance, and the skin assumes its clear and natural appearance.

DIRECTIONS. — Take forty drops two hours after each meal, in dandelion-root tea, and increase four drops per day, till the dose amounts to one hundred drops. The electric pills should be taken every second or third night, according to circumstances. Price, two dollars per bottle.

BLOOD PURIFIER.

THIS is an invaluable medicine in all diseases arising from an impurity of the blood. In king's evil, erysipelas, mercurial disease, syphilis, rickets, salt rheum, and all cutaneous eruptions, it acts with wonderful power, delighting the patient with its invigorating and purifying effects. It will be found

highly useful in Piles, Costiveness, and in every taint of the system, from whatever cause it may arise. Full directions accompany each bottle. In severe cases of scrofula, mercurial disease, and syphilis, the "Magnetic Alterative Drops" should be taken with it; about one tea-spoonful of the drops in a table-spoonful of the syrup. Price of the Blood Purifier, \$1 per bottle.

MAGNETIC ALTERATIVE DROPS.

THIS is a somewhat different and very much stronger preparation than the Blood Purifier, fulfilling indications difficult to reach with the purifier alone; and when needed it is most generally used in connection with it, as mentioned above. In scrofula, secondary syphilis, skin eruptions, glandular enlargements, etc., it is superior to any mercurial or other preparation known. Upon all the secretions and excretions it will be found to act with wonderful power. Price, \$2 per bottle.

LUNG SYRUP.

THIS medicine affords immediate relief in all deep-seated and dry, harsh coughs, arising from recent colds, and irritation of the bronchial tubes, hoarseness, whooping-cough, and difficulty of breathing,

causing a free and easy expectoration, allaying irritation, relaxing the constricted state of the lungs, and rendering the patient comfortable and easy. It is admirably adapted to remove the consumptive taint from the fluids, and give strength and energy to the system generally. By using it in connection with the Magnetic Ether, No. 1, as mentioned in the directions for using that medicine, it will cure every case of consumption not already beyond the reach of hope. Many, who were deemed incurable, have been restored to health by these two medicines. Let those who are troubled with lung complaints give these medicines a fair trial, and we have no fear that they will not be satisfied with the result.

DIRECTIONS. — Take a table-spoonful morning and night, on an empty stomach; and a tea-spoonful or two once in an hour or so during the day, if the cough be troublesome. Price, \$1 per bottle.

RESTORATIVE WINE BITTERS.

THIS is a very useful TONIC in all cases of debility, particularly that peculiar to females. It acts on the living fibres, solids, and fluids, increasing all the secretions and excretions. It is exceedingly valuable in fluor albus, indigestion, and relaxation and general prostration of the system.

Dose. — Half a wine-glass full three times a day,

half an hour or more before eating. Price, 62½ cents per bottle.

PURIFYING AND STRENGTHENING BITTERS.

THE great superiority of this medicine over others of similar character is, while it eradicates the disease, it invigorates the body. As a general spring and summer medicine, it cannot be surpassed. It is a superior remedy for head-ache, dizziness, costiveness, darting pains in the side and back, weak stomach, and bilious complaints. It is especially valuable in jaundice and liver complaints, regulating the bowels, and imparting new vigor to the system generally.

DIRECTIONS. — Take a table-spoonful three times a day, half an hour before each meal, in a little sweetened water. This dose can be increased or diminished, as circumstances require. Price, \$1 per bottle.

FEMALE SANATIVE DROPS.

IT is very difficult to describe the action and beneficial effects of this medicine without seeming to be indelicate; and yet, owing to the serious disturbances of the system which arise in consequence of the obstruction which it is calculated to remove, there is scarcely any medicine the virtues of which are more

necessary to be known. It will cure a case of suppressed catamenia sooner than any medicine I have ever tried. A young lady of Middlesex County, who had been treated by numerous physicians without deriving the least benefit, and whose system was frightfully swollen, was restored to perfect health by the use of one bottle of these drops, and a few applications of galvanism from my new and improved machine. I should be willing to warrant any and every case of suppression, not consequent upon some other disease, where I could personally treat the patient. I would observe that the above medicine is prepared of two different strengths, so as to be better adapted to different ages, constitutions, and circumstances. The reduced or weakest kind should always be used by young persons who have not become regular. In difficult or obstinate cases of suppression, I should always recommend the stronger preparation, and use the monthly pills in connection with it, according to the directions. It is a safe and perfectly harmless medicine. The only caution necessary to be especially observed is to ascertain, before taking the medicine, particularly the strongest kind, the cause of the suppression.

Prices : First strength of drops, \$3 per bottle; second strength, \$2 per bottle.

ASTHMATIC TINCTURE.

THIS medicine exerts the most astonishing effect in that distressing complaint, the asthma. It is no sooner introduced into the stomach, than the tension and spasm are removed, by dislodging collections of mucus in the bronchial vessels, and thereby giving admission of air into the lungs; and it is invariably attended with salutary effects. I am confident a superior remedy does not exist. Numerous certificates might be appended, if necessary, attesting to its wonderful power. Let any one who is afflicted with the asthma try it, and if he is not satisfied with the relief it will afford him, his money shall be instantly refunded. Price, \$1 per bottle.

RHEUMATIC TINCTURE.

THIS is a preparation which cannot be too highly extolled in rheumatism and many external painful chronic affections. It is not only admirably calculated to stimulate the cutaneous vessels to a healthy action, and thus restore perspiration, but also to attenuate the thick viscid or sisy state of the blood which invariably attends this complaint. If its use be persevered in, it will effect a cure where all other medicines fail. Some most remarkable and unexpected cures have been effected by it within the last three years. When there is severe pain in the joints,

the use of the Indian liniment, or a galvanized plaster applied to the part, will aid much to remove it. Price, \$1 per bottle.

MAGNETIC LIVER DROPS.

IN disease of the liver, and in dyspepsia and general debility of the digestive organs, this medicine is of great value. It checks fermentation, excites the appetite, promotes digestion, and increases the magnetic action and vigor of the whole nervous system; and is, therefore, exceedingly valuable in acidity, weakness, and relaxation of the stomach. When weakness or pain in the back or side exists, a galvanized plaster should be worn over the part affected, and the bowels should be regulated by the use of the Electric or Family Pills, if necessary. Price, \$1 per bottle.

DR. TAYLOR'S CELEBRATED CHOLERA MIXTURE, OR DYSENTERY CORDIAL.

THIS is one of the most valuable preparations known for cholera morbus, cholera infantum, dysentery, diarrhoea, etc. Its operation is speedy, prompt, and effectual. It is also excellent to allay sickness at the stomach. For all the above purposes I will warrant it infinitely superior to any dysentery medicine before the public, however extensively it may

be advertised and puffed. Price, 75 cents per bottle.

L I T H O N T R I P T I C M I X T U R E .

EXCEEDINGLY valuable in gravel, suppression of urine, strangury, and all diseases of the urinary organs. There is no other preparation with which I am acquainted so exceedingly efficacious as this in producing the discharge of urine, expelling sandy concretions, allaying irritability, and exciting a healthy action of the kidneys and bladder.

D O S E . — One to two tea-spoonsful, three or four times a day.

Price, \$2 per bottle.

C O M P O U N D S A R S A P A R I L L A P I L L S ,

A VALUABLE remedy in secondary syphilis. Generally used in connection with the Blood Purifier.

D O S E . — One, three times a day, after eating.

Price, 50 cents per box.

G O L D E N T I N C T U R E .

FOR a weak or strained stomach, side, pain in the chest, etc., this medicine is almost a specific. It acts

with peculiar power and efficacy. It is also a most excellent application to fresh wounds and cuts.

Price, 75 cents per bottle.

INDIAN LINIMENT.

THIS is a very valuable compound for external application in cases of rheumatism, pain, weakness and swelling of the joints, sprains, spinal irritation, numbness, etc. It is prepared from an Indian recipe, and has never disappointed the reasonable expectations of those who have used it.

It should be applied to the part affected by means of the hand, on a small piece of flannel, and rubbed in thoroughly. Price, 50 cents per bottle.

UNIVERSAL PAIN EXTRACTOR.

THIS is another very valuable compound for every kind of pain, especially rheumatic and colic pains, cramp in the stomach, bruises, etc. It is used internally as well as externally, and will almost always afford relief after other celebrated preparations have failed.

DIRECTIONS.—Externally, rub thoroughly the part affected; and take fifteen to twenty-five drops internally, at the same time, in a little warm sweetened water.

Put up in bottles at 25, 37½, and 50 cents each.

STRENGTHENING AND INVIGORATING ELIXIR, OR PERFECT TONIC.

THIS is one of my most useful and thoroughly efficacious medicines. It possesses invigorating and tonic properties which I have never seen equalled by any other medicine. In the distressing complaints arising from the practice of masturbation, such as nocturnal emissions, depression of spirits, want of manly vigor in the organs of generation, physical lassitude, palpitation of heart, incapacity for any mental exertion, and general prostration, it stands unrivalled; no other remedy being able to compete with it in a single case. I should hardly know how to dispense with it in any case of seminal weakness.

It is also one of the most useful remedies in liver complaint, dyspepsia, loss of appetite, fluor albus, and other female weaknesses. When the nervous system is weak, and requires something to strengthen it, to soothe and heal up the wrongs of the system, increase the general strength, and prevent sinking and debility, and wasting of the nervous energy, the Strengthening and Invigorating Elixir will be found the most "perfect tonic," and answer the purposes for which it is exhibited better than any other preparation in the whole *materia medica*. There are a

great many medicines advertised for these purposes under the name of cordials and elixirs ; but they possess no virtue whatever. They are usually puffed up by the aid of false certificates. The proprietor of one article of this kind, in particular, has sought notoriety by introducing into his advertisement a certificate purporting to be written and signed by Dr. Woodward, formerly of the Insane Hospital at Worcester. That Dr. Woodward never gave any such certificate, any person at all acquainted with the rules of the medical society would be convinced with scarcely a moment's reflection. In fact, he died some considerable length of time before the medicine was advertised and sold in Boston. The sick, therefore, cannot be too much on their guard against purchasing the advertised and puffed-up nostrums of the day.

If you wish a good medicine, one on which you can rely, you will find the Strengthening Elixir, or Perfect Tonic, most perfectly adapted to the complaints above named. I have used it in my private and very extensive practice for eight years, with unbounded success.

DIRECTIONS. — Take from one to two tea-spoonsful in water, sweetened or not, one hour before eating.

Price : Large bottles, \$3 ; small bottles, \$2. One fourth discount in packages of six bottles each.

N E R V I N E .

THIS is a powerful and useful medicine in all nervous diseases. It is used with great benefit in palpitation of the heart, general nervous debility, neuralgia, fits, rheumatism, St. Vitus' dance, and asthma. It greatly assists the effects of other medicines; and in many cases I could not do without it.

DIRECTIONS.—Take a tea-spoonful once or twice a day; every eight or ten days omit its use for four days, so that it may not lose its effect. In some cases the dose may be increased to one and a half tea-spoonsful, which is as much as is generally used.

Price, \$1 per bottle.

V E G E T A B L E E R A D I C A T O R .

THIS is the most valuable preparation in gonorrhœa, gleet, fluor albus or whites, and all discharges of matter from the urethra, in either sex. It is mild, but at the same time effectual in its operation, thoroughly removing the disease without impairing the constitution. In very obstinate cases several bottles may sometimes be needed to effect a cure; but, however obstinate the disease may be, perseverance will certainly effect a cure. I speak confidently, because seven years' trial of its virtues, in hundreds of cases, has enabled me to thoroughly test its efficacy,

and unhesitatingly to challenge any one to produce a superior remedy.

In taking this medicine, be prompt and punctual, and the discharge will, in most cases, begin to abate in a few days; but in order that the cure may be permanent, the remedy should be continued for a week after the discharge ceases.

DIRECTIONS. — Take two tea-spoonsful, clear, four times a day; namely, on rising in the morning, at eleven A. M., five P. M., and at bed-time.

Price, \$2 per single bottle. Packages of six bottles, \$9.

DIURETIC DROPS.

THESE drops afford prompt relief in cases of scalding urine, whether arising from gonorrhœa or other complaints. They will also be found highly beneficial in inflammation of the kidneys, suppression of the urine, frequent desire to urinate, gravel, etc.

Full directions accompany each bottle. Price, \$1.

SOOTHING WASH.

THIS is designed to be used in connection with the Diuretic Drops in cases of severe scalding, which so often attends upon gonorrhœa. In mild cases it may not be needed.

DIRECTIONS. — Inject into the urethra, with a glass syringe, a little of the wash just before urinating, and also after, if there be much smarting. It will invariably afford much relief.

Price, 50 cents per bottle.

HERPETIC WASH.

THIS is very useful in eruptions of the skin, especially those of a syphilitic character. It should be applied about twice a day. Price, 50 cents per bottle.

ELECTRIC PILLS.

THESE pills, by their peculiar operation, cleanse the liver and secreting vessels, leaving not a particle of impurity about the system ; being the most thorough purifier, and at the same time one of the mildest and most congenial medicines, that can possibly be taken ; never injuring the most aged, or the weakest and most debilitated constitution. They will be found useful in nearly all cases where cathartics are indicated. Price, 25 cents per box.

DR. TAYLOR'S CELEBRATED FAMILY PILLS.

ON many accounts, except where a quick and active cathartic is required, I prefer very much these pills to the electric, mentioned above. They are much slower in their operation, as well as exceedingly gentle and easy, spending their whole force in the system. They accomplish all that can be accomplished by any other cathartic, without disordering the stomach or inflaming the intestines, by simply stimulating the secretory glands, rendered morbid by disease, whose ducts open into the intestinal canal, and also the muscular fibres of the intestines, to a healthy action, producing, at the same time, just that degree of relaxation requisite to remove the hardened faeces from the cells of the colon, which are frequently retained after the use of the most drastic purgatives. That a mild remedy will often produce the desired effect where a powerful one fails, no medical man who has any reputation at stake will deny. Hence, for ordinary physic for family use, they are the most safe and salutary ever offered to the public. Price per box, 25 cents.

PILE PILLS.

THIS is a superior remedy for the blind and bleeding piles, habitual costiveness, etc. It subdues the

inflammation which often exists in the rectum, and corrects the faulty state of the biliary organs, which produces costiveness, and afterwards the piles. No medicine can excel these pills for purposes for which they are given. Take from two to four, morning and night, increasing the dose to any amount which may be necessary to regulate the bowels. The patient need entertain no fear of their being injurious in the slightest degree.

Put up in boxes varying in price from 25 cents to

FEMALE MONTHLY PILLS.

THESE pills have been used with great success in suppression of the menstrual discharge, and can be warranted perfectly mild and safe under all circumstances. They are more frequently taken in connection with the Female Sanative Drops, as mentioned in the article on that medicine ; but in many cases, and especially in those of very short standing, the pills alone are sufficient to remove all difficulty, and they are certainly as far superior to the numerous advertised nostrums, sold at the exorbitant price of three and five dollars, as light is superior to darkness. Price, \$1 per box.

DYSMENORRHœA PILLS.

THESE pills are designed for those cases where the catamenial discharge, though occurring with regularity, is, nevertheless, accompanied by severe suffering. They are peculiarly adapted to the *neuralgic* or *irritable form* of the disease, which heretofore has been considered incurable. They will never fail to relieve the pain, and, if continued, will establish the period, and make it regular, free, and healthy. The frequent trials I have made with this invaluable remedy have convinced me that it acts specifically upon the uterus, in relieving pain and spasms of the womb, increasing the flow, dilating the canal, and permitting coagula or membranes to pass, without the least inconvenience to the lady.

DIRECTIONS. — In ordinary cases these pills need be taken only at each period, and at commencement of the pain. At such times my usual dose is two pills every hour, until the pain ceases. In extreme cases they should be taken during menstrual intervals, say one pill morning and night.

Price, \$1 per box.

SPERMATORRHœA RING; FOR THE CURE OF INVOLUNTARY EMISSIONS.

THIS disease, so prevalent among young men, and which is frequently attended with disastrous effects,

has always been considered by experienced physicians one of the most difficult to manage of any with which they have to deal. But about three years since I succeeded in perfecting a new or additional means of cure, which, in connection with other proper treatment, enables me to warrant every case, if the patient, by neglect, has not allowed himself to become hopelessly debilitated. I allude to a curative instrument in the form of a ring, which I invented and procured to be made for me by a surgical instrument-maker of this city. Such has been the unqualified approbation which the instrument has received from various physicians, that several apothecaries have procured and are selling similar articles, without any reference to proper adjustment, or other appropriate treatment. Patients should never tamper with their complaint by purchasing anything of the kind of apothecaries and inexperienced quacks, but apply at once to some judicious medical man, and receive such treatment as his judgment and experience may dictate.

In the Boston *Medical and Surgical Journal*, of October 5th, 1853, Dr. J. V. C. Smith, the editor, has the following recommendatory notice of this instrument, or ring :

“ Quite a revolution has been effected in New England, in less than a year, by the use of a mechanical invention, instead of medication, in the treatment of a formidable malady. Heretofore, tonics, accompa-

nied by a long series of auxiliary assistants, such as jaunts, horseback, sea-bathing, a regulated diet, besides innumerable preparations of drugs, have been prescribed to arrest the effects of spermatorrhœa, but rarely with any permanent success. It is a condition resulting, in most instances, from the indulgence of a pernicious vice. In prisons self-pollution is nearly universal, and no ingenuity on the part of wardens or attending physicians has prevented it for any length of time. Some suffer intensely, and even die, from excessive indulgence in this vice. Schools, too, and colleges, are often the nurseries of this degrading habit, which carries many young men to an early grave, often without the true cause being suspected. The weak eyes and continued head-aches so common among students at public institutions might, in many instances, be traced, if effort was made in the right direction, to this perpetual violation of a physiological law. The rings, which this journal was the first to announce, are a sure remedy for involuntary forms of the disease. Physicians are eminently successful with them. In the state-prison, at Charlestown, where Dr. Bemis has given them a thorough trial, we understand they have performed many cures. In private practice, also, testimony from the most reliable sources might be cited to strengthen the medical public's confidence in this simple and only effectual relief in these cases. We admire the ingenuity displayed in the manufacture,

and predict, from the great success that marks their application to severe and long-protracted cases of individual suffering, that the rings will be very extensively used in other parts of the world, as well as in America."

Dr. B. B. Williams, editor of the *Franklin Journal of Progressive Medicine and Philosophy*, New York, speaks as follows of the medical effects of this instrument: "To the public, and perhaps some of the profession themselves, the indication which it is intended to fill may be entirely new, and therefore it may appear strange that mechanical ingenuity should accomplish more than medical skill in the treatment of that very debilitating and wasting disease, 'Spermatorrhœa,' the result of abuse, and self-pollution. If it *should appear strange*, it is nevertheless true. We could refer to many cases where an imperfect application of the principle of this ring has worked well, but we think it unnecessary to do so, as physicians who see the ingenious instrument, and the ease with which it accommodates itself to any case, see, also, the legitimate remedial principle which it involves, as well as the great good it is destined to work in the cure of this peculiar disease, for which it is recommended, and in which it has proved successful, beyond even the expectations of physicians who have freely used it in their practice."

After perusing the above recommendations, I think the patient will admit that I have good grounds for

speaking confidently in regard to my ability to cure this complaint.

In addition to the foregoing valuable medicines, I usually keep on hand many other botanic compounds, such as catarrh snuff, a valuable remedy for catarrh; salt rheum ointment, pile ointment, discutient ointment for buboes and glandular swellings, hot drops, composition, etc. I also keep, or procure for those who desire, magnetic machines, shoulder-braces, abdominal supporters, trusses, and syringes of the most approved manufacture, for the ear, rectum, womb, and urethra.

Any of the foregoing medicines can be ordered by mail, and will be immediately forwarded by express to any part of the country, carefully packed in a suitable box. Address T. K. Taylor, Boston.

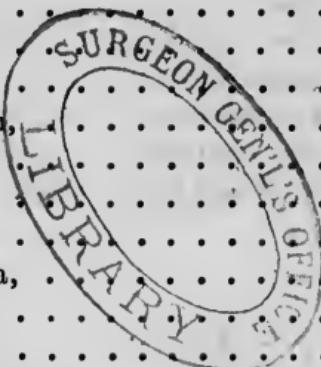
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LIST OF WORKS REFERRED TO, CONSULTED, OR
QUOTED FROM, IN PREPARING THIS TREATISE.

Beach's Family Physician ; *Braithwaite's Retrospect* ;
Channing's Medical Electricity ; *Chailly's Midwifery* ;
Cole's Philosophy of Health ; *Culverwell's Porneio Pathology* ;
Eclectic Journal ; *Eppes' Homœopathy* ; *Hollick's Diseases of Women* ; *Hollick's Neuropathy* ; *Imbray's Domestic Medicine* ; *New York Scalpel* ; *Phillips on the Vital Functions* ; *Ricord on Venereal Diseases* ;
Hunter on Venereal Diseases ; *Spratt's Obstetrical Tables* ;
Priessnitz on Water Cure ; *Dr. S. B. Woodward's Reports*.

